



(His Policy from the Postal Life)

## Five things we all should do:

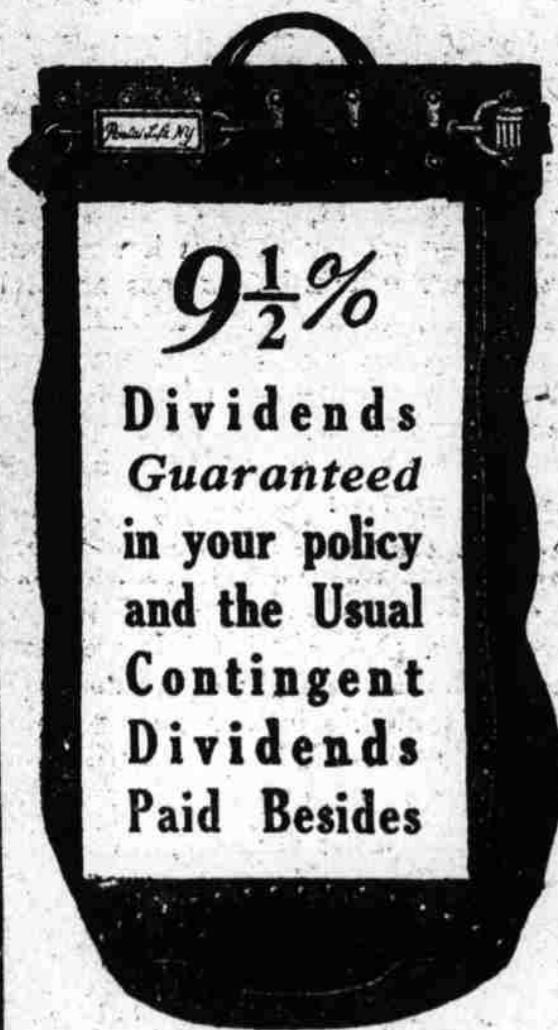
1. Safeguard the family (if we have one).
2. Keep the youngsters in school (if we have youngsters).
3. Provide for the mortgage on the farm (if there is one).
4. Build up a fund to help the wife run the farm (if she has to do it).
5. Ensure old-age independence (old age will come).

### The one best way

Life-insurance in a regular legal, reserve institution; there are many such but there is one that gives you sound insurance protection at low net cost. That institution is the

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## Our Farm Women

Edited by MRS. W. N. HUTT

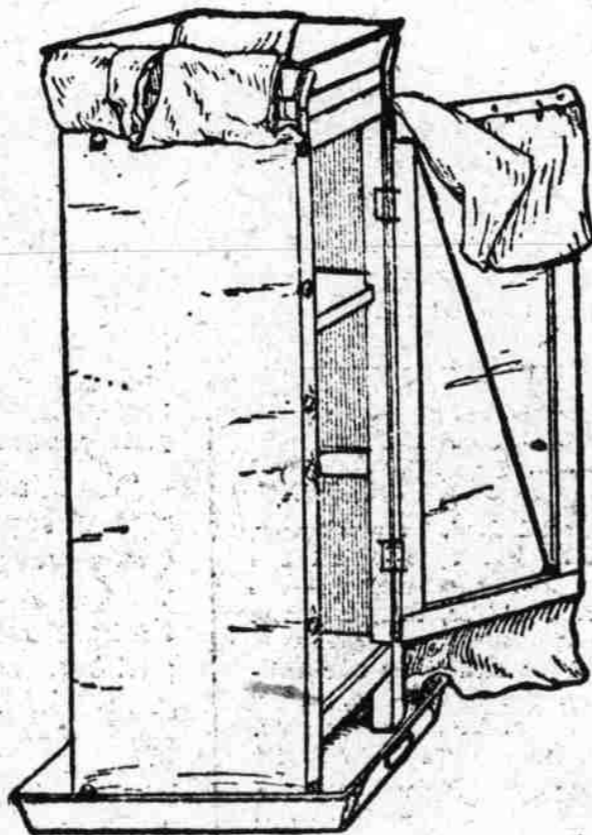
### AN INDIAN BLESSING

In the dull red glow of the sun's good-night,  
In the rosy laugh of morning light,  
In the strong west wind, in the soft south breeze,  
In blossoming shrub and giant trees;  
From grassy slopes and woodland low,  
From mountains with their cloaks of snow,  
In the sweet soft breath of the wide deep sea,  
May the blessing of blessings come to Thee.

### HOW TO MAKE AN ICELESS REFRIGERATOR

The Evaporation of the Water Carries Away the Heat

HAVE a screened case made 3 1/2 feet high, with other dimensions 12x15 inches and top placed low enough to allow a square pan to fit in between the four corners. Have two movable shelves 12 to 15 inches apart in it. Use a biscuit pan on top to hold the water and have the whole thing standing in a larger biscuit pan. The pans and case are all to be painted white, allowed to dry and then enameled. A covering of white canton flannel should be made to cover it. Put the smooth side out and button the coverings on the frame with buggy or automobile curtain hooks and eyes, arranging so the door may be opened without unfastening these



ICELESS REFRIGERATOR.

hooks. This may easily be done by putting one row of hooks near the latch and the other just opposite the opening. This dress, or covering, will have to be hooked around the top also. Two double strips one-half the width of each side to form wicks should be sewed on the top of each side and allowed to extend over about 2 1/2 or 3 inches in the pan of water. The bottom of the covering should extend into the lower pan.

Place the refrigerator in a shady place where air will circulate around it freely. Keep a supply of water in the upper pan, as well as the lower. Evaporation from the damp cloth will lower the inside temperature to 50 degrees on hot dry summer days.

### THE COST OF CATS

The Cat Averages Two Birds a Day and Two Mice, So It Is Estimated

HAD the two birds lived, they would have eaten many bushels of weed seeds, many thousands of alfalfa weevils, corn worms, beetles, caterpillars, spiders, grasshoppers and other insects.

A few years ago, corn was planted in two large cages that had been built for experimental purposes. Each was of equal fertility. One cage was of too small mesh for birds to enter and eat the pests. In that cage the yield of corn was two-thirds as much as the other, and the yield of the hay and peas on vines planted

between the rows was one eighth less.

The other cage had a pair each of birds which should be protected on every farm, the robin, song sparrow, blue bird, pee-wee, cat-bird, mockingbird, quail, wren and others.

As for the mice the cats catch, it is well to be rid of the mice, but traps and poisons will do the work if given ordinary care. Certainly mice do not destroy as much as birds save. We see what the mice eat but not what the birds save; that is the difference. Send to the United States Department of Agriculture and ask for Farmers' Bulletin 630, "Some Common Birds Useful to the Farmer."

Another consideration about cats is that they carry diphtheria, consumption and worms and are not good associates for little children. It is cruel and un-Christian to give no care to a domestic animal, so if we cannot care for them, let us have none. One woman I know feeds her cats two quarts of milk a day; and butter selling at 50 cents a pound in cities! The lesson is plain. There is more than one kind of economy.

### Some Painting "Don'ts"

HERE are a few hints for the spring days when mother asks you to touch up the kitchen floor and the enamel on the bath. Painting is interesting work when you go at it right.

Don't leave brushes in paint, stain or varnish.

Don't leave paint uncovered overnight.

Don't thin paint nor clean brushes near a flame.

Don't use an interior finish for an exterior surface.

Don't use a finish prepared for standing woodwork on floors.

Don't paint around the edges of a floor and leave the centre for the last.

Don't use any finishing material without first stirring it thoroughly in the can.

Don't use enamel brushes to stain and then expect to use them for enameling again.

Don't repaint until all leaking roofs gutters and broken spouts have been repaired.

Don't use any new finishing material over a surface which has not been cleaned first.

Don't apply flat oil paint over a water-tinted wall until old material is washed off.

Don't apply new paint over blistered paint without scraping or burning off the old finish.

Don't apply stain to a painted or varnished surface before removing the old finish.

Don't forget that "elbow-grease" must be used to spread any paint out into thin coats and to brush it well into the pores of the wood.

Don't apply paint over a damp or wet surface.

Don't apply a coat of paint and let it get bone hard before continuing the work. If the under surface is allowed to get too hard, it will not have the proper "tooth" or hold to allow the succeeding coat to get a grip on it.—From a booklet prepared by one of the largest paint makers on the continent.

### THE PREVENTIVE

A well-known revivalist whose work has been principally among the negroes of a certain section of the South remembers one service conducted by him that was not entirely successful, says Lippincott's Magazine. He had had very poor attendance, and spent much time in questioning the negroes as to their reason for not attending. "Why were you not at our revival?" he asked one old man, whom he encountered on the road. "Oh, I dunno," said the backward one. "Don't you ever pray?" demanded the preacher. "The old man shook his head. "No," said he: "I carries a rabbit's foot."

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