THE MAGAZINE GUARDIAN

Teachers, Parents, Pupils, Farmers, Dairymen, Horsemen

THE SCHOOL AND THE HOME

WAR MEALS.

(Continued.)

A WEEK'S FOOD SUPPLY FOR A FAMILY.

The following list of supplies has been determined by calculations based on standards set by recognized authorities* for a family of five:—

Man working moderately hard, weighing about 150 pounds.
His wife, doing all the household work, weighing about 125 pounds.
A boy of twelve, weighing about 75 pounds.
A girl of nine, weighing about 56 pounds.
A child of three, weighing about 35 pounds.

10 pounds of meat or meat substitute.
Moderately fat meat.
Poultry.
Fish.
Eggs.
Cheese.
Dried peas, beans and peanuts.

28 pounds of other vegetables and
Flour— wheat, rye, corn, barley, oats.
Meals— Breakfast foods, oatmeals, corn meal, flaked barley, etc.
Soda biscuits, etc.

If bread is purchased, deduct 1 pound of flour for every 1¼ pound of bread.

20 pounds of potatoes.
When these are scarce, one-fifth the weight in rice, hominy, or other cereal may be substituted.

28 popnds of other vegetables and fruits.
Dried fruit may substitute for part of the fresh at the rate of 3 or 4 ounces of dried for 1¼ pounds of fresh.

3 pounds of fat.
Butter.
Dripping.
Cooking fats of oils.

14 quarts of milk.
Skim milk or buttermilk may replace half of this, but extra fat will have to be purchased at the rate of 1½ ounces for each quart.

The items of food in each group are not exactly the equivalent of each other; but a week's diet is likely to include enough of several of them to make a satisfactory average.

The above supply allows ample nutrition for the family, but makes no allowance for the waste of anything usable.

The quantity of cereal products may seem high to many Canadians, but form a good foundation of wholesome and economical food; and they can be made attractive if bread, cakes and puddings are well made, and breakfast cereals are thoroughly cooked and nicely seasoned. A smaller proportion of cereal products entails a larger proportion of more costly foods.

Tea and coffee, being mere stimulants, are not included in the list. If used by the adults, they should be forbidden to the children. Milk is much more satisfactory for children.

Flavours and seasonings are not included in the list, but the thrifty housekeeper wisely uses them to provide and make many inexpensive foods more attractive.

GENERAL NOTES.

A—On Diet for Children:

I. INFANTS—Mother's milk in preference to anything else. When this cannot be had, clean cow's milk, properly modified, is next best for the young child.

II. LITTLE CHILDREN— Plenty of whole milk, strained cereals, bread and plain biscuits, butter or dripping; juice and pulp of mildly acid fruits, tender vegetables rubbed through a seve; and eggs. No meat.

The family diet should furnish all these, with little special labour or preparation.

III. OLDER CHILDREN— Add by degrees fish, meat, other vegetables and fruits and most things on the adult's table, except highly seasoned foods, tea and coffee, and foods very rich or difficult of digestion.

B—On Conserving Wheat:

I. In making white-flour yeast bread dilute the flour.
(a) By adding a porportion of rye, barley, corn or oat flour, to the white flour before mixing. Any proportion up to 20 per cent makes a palatable bread.
(b) By adding cooked foods to the batter or dough.
(c) By adding potatoes. They should be boiled, mashed and returned to the cooking water, then cooled and used for mixing the bread.

II. Waste no scrap of wheaten bread:
(a) Cut no more than will be used.
(b) If bread cannot be used before it will mould, dry it thoroughly and store like any cereal.
(c) Re-made left-over bread into new bread, cake or puddings.

III. Use more bread made without yeast, as for example, biscuits, scones, oatcakes, johnny cakes, potato cakes, muffins, pancakes, etc. A variety of these man be made by combining with white flour, meals of cooked breakfast foods fromthe other grains. Sour milk or cream or buttermilk with soda gives to most of these a better flavour than sweet milk and baking powder.

IV. Use more breakfast foods from oats, corn, barley, and rye. Most farmers can arrange to obtain a supply locally. When fresh ground, the flavour is superior to most commercial meals.

V. Baking Notes.— The wise housekeeper will use her own favourite recipes and gradually modify them to the taste and needs of her family.

(a) YEAST BREAD.— Rye flour may replace white flour up to three-quarters and the bread made in the ordinary way. Corn, barley and oat flour do not yield gluten; they will not become spongy, but may replace wheat flour up to one-fifth and still yield a light bread.

(b) Cornmeal, oatmeal and barley meal may replace white flour in two ways.

The meal—one-fifth to one-third by measure—may be scalded with some of the bread liquid, and allowed to cool before the bread is mixed and made as usual.

The meal may be made into porridge or mush and when cooled added to the other bread ingredients. Left-over breakfast porridge may be used in this way.

(c) BAKING POWDER AND SODA MIXTURES.— Many combinations of the flours, meals and stale bread may be made with flour, or without, along the same lines as suggested for yeast breads.

They may be served hot or cold in the form of baked or steamed loaves or cakes, biscuit, cookies, scones, gems, muffins, dodgers, puddnngs or pancakes.

Sour milk or sour cream with soda gives superior flavour to all these mixtures, but care must be taken to avoid using too muih soda. Three-eights level teaspoon to 1 cup is ample. If the milk is but slightly sour sweeten with a pinch of soda to the cupful and use with baking powder as usual.

(d) PASTRY.— While flour is neccessary for puff or flaky pastry, plain short pastry can be made from any combination of flour that will make bread.

V.. Use more potatoes and vegetables. The family with a well stocked garden is in a position to do this cheaply. When potatoes are scarce use more rice and hominy in their place.

C.—On Conserving Beef.

I. Use other meats instead of beef as far as practicable.

II. Use meat but once a day. Use meat substitutes at other meals.

III. In ordering beef, do not always demand the same cut. Plan to use other cuts, and do your share towards getting the whole carcasss used. The members of Beef Rings have to do this and do not suffer.

A Beef Ring is a group of country people who agree to provide among themselves one beef animal of specified age and weight each week. The carcass is divided among the group according to fixed rules, so that in the course of the year each member gets in rotation an equal share of the different cuts.

D—On Conserving Bacon:

I. It can be banished without the family suffering. Its present cost has already made it disappear from many tables.

II. Ham and salt pork will partly take its place for fat and flavour.

III. Waste no ham or salt pork. Preserve even the rind and bones for the flovour they will give to many dishes.

E—Consumer's Share in Conservation

The consumer should remember that thorough mastication of food is a measure of conservation as well as of health. The man who chews his food properly nourishes his body and satisfies his palate with smaller quantities than the man who bolts his meals.

FARM

ECONOMICAL FINISHING OF HOGS AT PRESENT FEED PRICES.

(Dominion Experimental Farms Note)

In choosing feeds for fattening hogs choice is of necessity more limited than in the case of other classes of stock. With young pigs, where skim-milk and pasture are available, the use of the higher priced meals and concentrates many, in view of high prices, be limited and full benefit derived from the former cheap, home producing feeds. With a reasonable amount of wheat middlings, shorts or, ground oats, good growthy pigs may thus be produced. For the finishing period, however, a more cencentrated, more rapidly fattening ration is required. The swine-feeder at once asks, "How can I profitably finish hogs at present feed prices?"

Corn, barley, oats, middlings and shorts are possibly the five most desirable grains and meals for hogs in Eastern Canada.

With corn at from $88.00 to $90.00 per ton.—barley $60.00, oats at $65.00, approximately, and with the two former meals most difficult to procure, some cheaper grain must be used in the finishing ration. Wheat middlings and shorts, even though high in price, ($45.00 approximately), must be relied upon for the major part of the meal ration. At the above price middlings offers digestible nutrients at a lower net cost per ton than any one of the grains previously mentioned. By net cost is meant the total cost of the digestible nutrients, less their manurial value.

Oats or barley, one part, shorts and middlings, two parts, with some milk product or, lacking the latter, ten per cent oil meal, should supply as economical a growing ration as is generally available. With the likelihood of a material drop in the price of oats and the more problematical prospect of cheaper corn. when the new crop moves, the above ration could be improved. Corn, shorts, and oats, equal parts with skim-milk is an excellently balanced ration. The addition of corn, even as a small proportion, to the shorts, middlings, skim-milk ration would distinctly improve it as a finishing ration. Corn. must, however, reduce materially in price to be considered an economical hog-feed.

At the present time feed wheat, as procurable in Western Canada, forms an excellent hog-feed, as has already been well demonstrated. To the more central and Eastern sections this particular feed is not generally available. In many localities, however, an elevator by-product known as buckwheat screenings, may now be purchased. Further information concerning the distribution of this material may be had from S. E. Austin, Mgr. Government Terminal Elevators, Fort William. Ont., or the Live Stock Branch, Department of Agriculture, Ottawa.

Analysis of this particular grade of screenings reveals the following constituents:— Wild buckwheat, 58 per cent; broken wheat, oats and flax, 29 per cent; weed seeds, 9 per cent; chaf, 4 per cent. In view of the weed seeds present is should be as finely ground as possible.

Experimental evidence, as afforded by swine feeding tests, at the Central Experimental Farm. would go to prove that this material is of considerable value. During the winter of 1914-15, in an experiment calculatec to throw light on the value as a hog-feed of elevator by-products, as represented by the various grades of screenings, buckwheat screenings compared favourably with a standard meal and milk ration. Two of the rations compared were as follows:— No. 1. Shorts, three parts; corn, 3 parts; oil meal, 1 part; plus skim milk. No. 2. Finely ground buckwheat screenings plus skim-milk. Without entering into the details of this test (See Experimental Farm Report, Vol. 1, 1915) it may be stated that the pigs fed buckwheat screenings, while not so fat as those fed the regular meal ration and standing therefore slightly lower in total gains, stood first in economical production per 100 pounds gain. With the meal ration valued at $28.00 per ton (1915 prices) and the buckwheat screenings at $14.00 (nominal) the cost per pound gain was 4.7 cents in the case of the pigs fed the former and 2.7 cents for those fed the latter ration. On the actual prices paid or charged for meal skim-milk and roots, and figuring on the basis of total gains produced by the two lots, buckwheat screenings showed a comparative value of $27.60 per ton.

The swine feeder would be well advised in making inquiry into this particular feed, the eastern distribution of which is controlled by the Live Stock Branch at Ottawa. From the latter source further announcements may be expected in the near future.

OCTOBER IN THE GARDEN

HINTS FOR THE MONTH

The first week of this month is the time to plant tulips and daffodil bulbs.

Cabbage leaves need not be wasted. They serve as excellent feed for poultry.

Thyme, sage and sweet marjoram should now be cut, tied in bundles and hung up to dry for winter use.

When storing onions it is well to remember that the bulbs keep best in racks in a cool place in the cellar.

This is the month to top dress the lawn. Give it a light dressing of a mixture of well decayed barnyard manure, poultry manure and soil.

While digging the potatoes is a good time to select next year's seed. Select good medium sized tubers from the best producing hills.

In this severe climate it is well to defer pruning bush fruits until spring Dead wood may, however, be removed without injury to the bushes.

All waste vegetable tops and weeds should be cut and destroyed by burning. Otherwise they serve as excellent harboring places for insects.

The land intended for next year's garden should get a good coat of well decayed baryard manure. The soil should then be plowed deeply, leaving the surface rough.

Before the hard frost comes dig up the parsley and put it in pots. It can then be kept in the house all winter for it serves as an ornamental plant besides coming in handy for garnishing.

The fall is the best time to make willow cuttings for next year's planting. Use well manured wood of this season's growth. Tie in bundles of 100 and place in sand in a upright position. Keep them in the basement over winter.

The greatest injury to bush fruits is winter and spring freezing and thawing. Run the furrow down between the rows to provide surface draining. This will prevent ice forming around the roots and will assist the bushes in coming through the critical period.

ROTATION IN THE GARDEN

A rotation of crops is as necessary in the garden as in the field and for the same reason. Onions and turnips are often liable to serious insect injury when grown more than one year on the same land. This is particularly true of turnips. There is also greater danger of the garden crop suffering from fungus diseases when they are grown year after year on the same land. As with farm crops in general, vegetable crops produce better when alternated with grass or clover crops which improve the texture of the soil and add humus.Since vegetables vary in composition the amount and kinds of plant food required varies, but in order to get the best of the soil and produce the most desirable vegetable crop, it is necessary to rotate them. Leguminous crops like clover, peas, beans, etc., improve the land on which they grow, while most other crops exhaust the soil. Some plants excel others in their power to search for plant food or to take plant food from the sil.Some plants feed near the surface, while others take their food mostly from the lower levels. Root crop should not follow root crop or should vines follow vines for many years in succession on the same land.

In planting the garden it is best to put all the perennial plants together on one side so that they will not interefere with the rotation into which of course they cannot be wrked. It is als a good plan to arrange the other crop so that those that grow best in rows of the same width will come together. A part of this plan should include a strip of clover to be broken up once in three or four years and used for vegetables in alteration with that laid out in rows which should then be seeded down for a while.

POULTRY

MARKETING AND SAVING FEATHERS.

There is one thing in modern poultry keeping that is greatly overlooked and that is the saving and marketing of the feathers. Thousands of pounds are being wasted every year in small quantities in almost every poultry yard. All chickens, goose, duck and turkey feathers may be turned into cash if properly prepared and sorted, and could be made a considerable source of revenue in the course of a year to every poultry keeper who kills any number of fowls.

Clean and dry feathers are known as prime. Feather taken from old beds and pillows are known as old and if washed or renovated may be sold as prime feathers, and bring from two to three times as much as uncleaned ones.

In preparing feathers for sale, we keep the body plumage separate, the long white wing feathers being kept by themselves. It takes only a few goose and turkey wing feathers to make a pound and we tie these in bundles. The demand for large wing feathers is always good, and prices do not seem to fluctuate as much as those of the body plumage.

It may be thought that to save and and can then easily be plucked. by prepare feathers properly for sale is now almost a universal practice for quires much trouble, but it really requires only a minute or two extra. It poultry shippers to require fowls to be dry picked. This is a great advantage if the poultryman desires to sell the feathers, as scalding removes the animal oils from the feathers and makes them comparatively worthless. This is shown by the fact that white dry-picked chicken feathers bring 18 cents per pound, while the same feathers scalded bring only 1 cent per pound.

Dry picking is not at all difficult. The best way to kill the fowl is to sever the juglar vein, the fowl then dies almost instantly,yet bleeds well. The feathers become loosened at once, handfuls. They should be removed while the fowl is still warm, as they will then not stick and tear the skin.

In washing poultry feathers, we drop them into a tub of lukewarm water, not too hot, for hot water removes the oil. We rub them together somewhat as clothing is washed. We then put them through a rinsing water the next step being to spread them on old blankets or newspapers where they will not be liable to be blown away by the wind. Drying them in the sun is the best, as they will then have a sweeter smell. In all cases, white feathers are the most valuable, and so we keep them separate. We allow the feathers to become perfectly dry before putting them in bags. While damp and mouldy feathers bring some kind of a price, they will as a rule hardly bring one-half what the good and well-prepared feathers will bring.

GUARD THE CHILDREN FROM AUTUMN COLDS

The fall is the most severe season of the year for colds—one day is warm, the next is wet and cold and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent colds or if it does come on suddenly the prompt use of the Tablets will quickly cure it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

GEESE REARED ON FORAGE CROP

Geese can be raised in small flocks on most farms, on pasture or non-productive land,and do not require any material amount of grain. Low, rough pasture land, used for pasturing other stock, and containing a natural supply of water, offers the best conditions. Many geese are kept on farms to kill weeds,and their use could well be greatly increased for this purpose. They are good grazers and will do well on grass and forage crops alone, except during the winter months. when they may be fed largely on available roughage such as clover, alfalfa have silage cabbage, mangel-wurtzels, or nw waste vegetables. If the grass or forage is limited it may be supplemented by light feeds of common or home-grown grains.

Geese do not need shelter except during cold weather, when open sheds may be provided. Goslings are not usually hatched until good pasture is available, and need additional feed for a few weeks. The range of pasture used either for goslings or for geese should be large enough so that the grass will remain clean, or the stock should be moved frequently to fresh land. Coops , barrels, or some other dry shelter should be provided forthe young goslings. Geese are very hardy and free from diseases and insect pests.

DAIRY

DOES EVERY COW PAY HER WAY?

A grade cow, eight years old, near Woodstock, Ont., that freshened last November, has given in eight months, 13,092 pounds of milk ,average test over 3.2 spot cash value $288.47; she is still giving 34 pounds of milk per day, and is due in November again. Such a cow is a source of perennial pride to her owner; he weighs the milk from each cow he has, because he finds it pays.

But is it not curious that many dairymen never bother to weigh, and so remain quite hazy as to each individual's performance? It is curious, too, when you come to think of it, that so many are content to bother with a herd not one of which has any remote chance whatever of giving in a year even one-half of what this fine cow gave in eight months.

The immense possibilities for an increased flow of milk from cows selected on their actual records, bred right, fed well and handled sensibly, seem, curiously enough, entirely undreamed of as yet by some dairy farmers in all provinces.

Milk record forms will be gladly supplied free of charge by the Dairy Division, Ottawa, to any one curious enough and enterprising enough to find out what each cow does actually produce in return for all she eats. Make each cow pay.

SALTING BUTTER TO AVOID STREAKS.

The majority of people have been educated to eat butter salted an ounce or more to the pound. The butter maker who makes an A-1 butter prefers to salt light because light salting brings out prominently the fine flavor and good qualities of his butter. The maker of poor butter with faults likes to hide the faults with a heavy dose of salt and he can do this pretty effectively. Therefore if you would cater to a high-class trade, try to get the consumer to use light-salted butter and when they eat of the other kind they will more fully appreciate the value of the fine article you supply and the more readily pay you the premium you deserve. Good butter should be salted rather light, because heavy salting is an earmark of poor butter. Streaks and mottles in butter are caused by the salt and buttermilk or casein coming in contact and effecting a change in the color. The remedy is to wash out the buttermilk completely and incorporate the salt uniformly. Some times this is easier said than done. The butter granules should be firm and small when we stop the churn for washing. A little salt added to the wash water will help much in removing the buttermilk. The use of good salt carefully sifted over the granular butter and allowed to fairly well dissolve before we do the main working will help to uniform incorporation of the salt. To make good butter we must have control of our product at all times. If we lose control of the temperature of the cream at any time we cannot be sure what will happen, but often the undesirable does happen.

DAILY RATION OF SALT FOR COWS.

One of the things so easily forgotten in the summer months while the cows are on pasture is to provide them regularly with salt. The easy way not to forget it is to place rock salt where they can get at it every day, either in the stall while they are being milked or in the trough or box in the pasture, where they can lick it whenever they have the desire to.

Studies made at the Wiscousin Station by Professors Babcock and Carlyle showed that cows actually require salt to thrive properly, the amount required depending upon the character of the feed which they receive. More is no doubt necessary to them while they are feeding on rich concentrated feeds in the winter time than while on pasture in summer nevertheless, it is also necessary in summer. When allowed free access to salt daily cows will consume from one-half to a whole ounce daily.

Russia is a poor country to be stranded in during the winter.