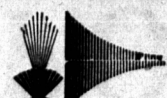


# MAGAZINE



# GUARDIAN



## SCHOOL AND HOME

### Butter Color—Perfectly Harmless.

Potassium carbonate, one part; annatto, one part. Dissolve in ten parts water for twenty-four hours, then filter. Use sufficient to give the desired tint.

### MERINGUE.

Beat whites of three eggs until stiff, and add gradually, while beating constantly, three tablespoonsful of brown sugar and a few grains of salt; then cut, and fold in two tablespoonsful of powdered sugar.

### BUTTERSCOTCH PIE.

Roll plain paste to one-fourth inch in thickness, cut three nine-inch circles, prick, place on a tin sheet and bake in hot oven. Between layers put butterscotch filling; cover top with meringue.

### Use for Old Stools.

Take that old piano stool which you think you have no use for and cover it with oilcloth and put it in the kitchen. You will find it easily adjusted to the height of any table or sink, and will save your tired feet many times.

### A DISH OF ONIONS.

Peel and slice thinly four large Spanish onions. Line a pie dish with bread crumbs, then put in a layer of water. Add a little sugar. This mixture is not dangerous to human life. Another onion is one teaspoonful of formalin in 1/4 pint of water. This must be kept away from children and house pets. To quickly clear a room where there are many flies, burn pyrethrum powder and sweep up the flies.

### FLY POISONS

The following are very convenient and effective fly poisons: Bicromate of Potash, one dram in two ounces of water. Add a little sugar. This mixture is not dangerous to human life. Another poison is one teaspoonful of formalin in 1/4 pint of water. This must be kept away from children and house pets. To quickly clear a room where there are many flies, burn pyrethrum powder and sweep up the flies.

### BUTTERSCOTCH FILLING.

Cream four tablespoonfuls of butter, and add gradually six tablespoonfuls of flour; then add three-fourths cupful of brown sugar, mixed with two eggs slightly beaten, and one-half teaspoonful salt. Beat two cupfuls of milk, add three teaspoonfuls caramel syrup, and add gradually to mixture. Return to double boiler and cook fifteen minutes, stirring constantly until mixture thickens, and afterwards occasionally Caramel syrup is made by caramelizing one-half cupful of sugar, adding one-third cupful boiling water, and letting it boil until a thick syrup is formed.

### Chocolate Caramel Pudding.

Heat in a double boiler two cupfuls of milk, one square of unsweetened chocolate, three tablespoonfuls of sugar, one-fourth teaspoonful of salt, one teaspoonful of granulated gelatine. Caramelize the milk by melting one-half cupful of sugar, adding one-third cupful boiling water, and letting it boil until a thick syrup is formed.

### SEVEN RULES OF A SUCCESSFUL LIFE.

- 1. A good sleep every night.
2. A good outing every day.
3. Sensible nourishment.
4. A joyous heart.
5. Strict integrity, to the smallest detail.
6. Systematic, altruistic work, with a definite aim.
7. Real faith in the good of the world.

## A MOTHER'S TRIALS

### Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is a woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one always unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired, or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.

## Oil the Bowl.

If the bowl in which biscuits bread, or pastry is mixed is well oiled before using, every atom of flour will be taken up and none wasted by sticking to the sides of the bowl as is usually the case.

### Sweet Grass Baskets.

Baskets made of sweet grass may be kept clean by dipping them in a solution of lye and water. The dampness also brings out a delightful fresh odor. This advice came from an Indian woman.

### FROZEN DESSERTS.

Even without an ice cream freezer some excellent frozen desserts can be made for the home table. The equipment necessary is an airtight mould or pail with closely fitted cover and an outer receptacle to hold several parts of ice and salt. The flavored cream is placed in the inner receptacle and left in the ice pack for three or four hours, when it will be found of the right consistency to serve in individual cases or to use as the centre of a fancy form of ice cream, the outer layer being of a different mixture, frozen more solidly in a regulation freezer.

As whipped cream is the principal ingredient in this type of unstirred frozen desserts, the texture is unlike ordinary ice cream. In this class are included the desserts for which a high price is asked at fashionable hotels and restaurants, such as parfait, biscuit glace and mousse.

The differentiation of these words is worth remembering as each accords a definite meaning to the particular word which it applied. Thus parfait is said to have been named by a French confectioner who had been experimenting with whipped cream and ice cream in combination. "Parfait!" (perfect) he exclaimed at last, when just the proper mixture had been arrived at, and this particular form of frozen sweet has borne that name ever since. Biscuit glace appears in individual cases, and is a light, airy dessert to which is applied. Thus parfait is said to have been named by a French confectioner who had been experimenting with whipped cream and ice cream in combination. "Parfait!" (perfect) he exclaimed at last, when just the proper mixture had been arrived at, and this particular form of frozen sweet has borne that name ever since.

French confectioners often concoct a delectable parfait by heating into ice cream half the quantity of sweetened and flavored whipped cream and then repacking the mixture until firm, and the ingenious home caterer can do the same. Allow half a pint of heavy cream to each pint of plain vanilla ice cream, whip until stiff, sweeten with one-quarter cup of powdered sugar and flavor, with chocolate, coffee or any preferred fruit puree. Before adding the flavoring reserve sufficient of the whipped cream to decorate each portion when served.

With a thin-bladed knife, or spatula, mix the whipped cream into the frozen mixture, packing in equal parts of ice and salt for a half hour or more. Serve in tall, slender parfait glasses and decorate the top of each with a swirl of the whipped cream reserved for the purpose. A further garnish of a bit of fresh fruit, a crystallized mint leaf or a piece of candied ginger will add beauty as well as flavor.

The same mixture, divided into individual paper cups and sprinkled with macaron dust or chopped nuts, should be repacked for a slightly longer time than when in a single mould. Professional confectioners set these cases in a ice cave with shelves, but a layer of paraffin paper over the top quite well, as its cover eliminates the possibility of the entrance of salt, and a layer of paraffin paper over the top of each paper cup will keep the portion from sucking.

Parfait so served is known as biscuit glace. This method of preparation will be found much more simple than the more involved process of boiling syrup until it spins a thread pouring over beaten egg yolks, cooking to the proper point and then cooling before adding the whipped cream. The results will be quite as good. Mousse, on the other hand, is simplicity itself. A general rule is: To each pint of cream, stiffly whipped, add four tablespoonfuls of sifted powdered sugar. Flavor to taste, turn into an ice cold mould and let it stand untouched in salt and ice for three or four hours. Fresh fruit flavorings, such as peach, raspberry and strawberry, are favorites for mousse, and either the crushed pulp or the juices may be used.

For an elaborate dessert the hostess can order plain vanilla ice cream from a confectioner and use it for the lining of a mould. Fill the centre with sweetened and flavored whipped cream and re-pack for two hours. The best combinations are those in which color and flavor are in contrast. Thus, vanilla ice cream with a centre of raspberry mousse is as good to look at as it is to eat.

## DAIRY

### A PLACE FOR SKIM-MILK

In tests made in the Missouri station the first three weeks that at the end of the first three weeks 100 chicks with skim-milk as the ration weighed 21.4 pounds, at a cost of 2.76 pounds of feed per pound of gain, the beef-scrap chicks weighed 15.1 pounds at a cost of 5.54 pounds of feed per pound of gain and the no-milk-or-meat chicks weighed 9.86 pounds at a cost of 15.1 pounds of feed per pound of gain. The mortality in the lots was 13, 22 and 34 per cent, respectively.

### MENDING BAGS

A quick and very easy way to mend bags, and one which the men can do as easily as the women, is as follows: Turn the bag wrong side out, cut patches large enough to cover well the holes and weak spots. Make a medium thick paste of flour and water, spread on patch, and press with a hot iron. The patches will last as long as the bag and can be put on in less time than it takes to sew them.

## POULTRY

### CANNING HENS FOR WINTER USE

"Canned chicken" may be made at home in your own kitchen out of the old hens that ought to be killed anyway.

The method operation for what is known as "Straight Pack" by the trade is very simple and is given in detail as follows by Dr. Robt. Barnes, Chief of the Meat and Canned Foods Division, Health of Animals Branch, Department of Agriculture, Ottawa.

Clean and cut up the chicken. Sort out the fleshy portions, such as the legs, thighs and breast.

Break off the protruding portions of the bones in each piece.

Place these fleshy portions in a gem jar or other container, as closely as possible.

Add salt and pepper. (About a teaspoonful of salt and 1/2 teaspoonful of pepper.)

Fill to within 3/4 inch of overflowing with the liquid that comes from the balance of the chicken, process for preparing which is given below.

Place in boiler or other vessel containing warm water and gradually bring to a boil.

For pint jars boil 2 1/2 hours.

For quart jars boil 3 1/2 hours.

For the balance of the chicken: Place in kettle and boil till the meat will strip free from the bones.

Strip off all meat and pack in jar.

Pour three-fourths the balance of the liquid in the kettle that has not been used in the first jar. If there is not enough liquid to fill the second jar, add water. Place in boiler as above, and boil as follows:

For pint jars 1 1/2 hours.

For quarts 2 1/2 hours.

If desired the whole of the chicken may be prepared the same as the last part.

In all cases take care not to expose the gem jars to a sudden change of temperature.

Also, after the jars have cooled off, examine the tops to see that the covers are airtight.

During the cooking of the product, place the glass tops on the sealers, but do not fasten them. Any steam or gas which may be generated will escape. As soon, however, as the process is finished, fasten the tops securely.

While describing the method of canning, something should be said about the poultry to be canned.

What is preferred are good, plump fowls, with a fair proportion of chickens, the bones of the latter giving a firmer jelly and lessening the danger of a soupy or slushy product. As a precaution against spoilage, the condition where the pack is straight fowl, gelatine may be, and often is, used.

So much has been said and written about the proper methods of starving, bleeding and plucking poultry for market that it is useless to go over them again. One can only emphasize the necessity of exactness in carrying out the accepted principles in connection with these points, which are applicable to poultry to be canned as they are to those intended for the market.

There is another point which is important, although possibly its carrying out may detract from the appearance and affect the sale to an inexperienced buyer, namely, that all poultry intended for food, canned or otherwise, after being properly starved, bled and plucked should be left undrawn and kept in a suitable temperature for a day or two in order that the chemical changes which follow the killing of the bird may have an opportunity to take place.

## TURF

### TURF PICK-UPS.

The pranks that chance plays in the lives of many horses makes the careers of a few of them look like a chapter of accidents. In his two year old form, Lee Axworthy, 1:58 1/4, was traded for a trotter which had been tried and found wanting. A. C. Pennington purchased Prince Loree, 2:05 1/4, for \$55 and sold him to his present owner for \$120. As a yearling Robert J., 2:10 1/4, was consigned to a sale and led out of the ring without a bid. His breeder was so disgusted that he gave him away.

In 1856 the dam of Blackwood was purchased by Adam Steel for \$125. In 1860 he gave G. H. Buford a half interest in the colt, that came with her to develop it. Buford trained Blackwood four months and reduced the three year old record to 2:31. Steel then re-purchased his interest for \$12,500 and sold the colt to Harrison Durkee for \$30,000.

The blind horse Sleepy Tom, that cut the world's record for pacers to 2:13 1/4 in 1879, became the property of Steve Phillips in exchange for a colt worth about \$75, \$75 in cash, an old watch and a quart of whiskey. Little Brown Jug, 2:13 1/4, the next pacing champion, was purchased as a yearling by O. N. Fry for \$50. He sold him as a two year old for \$75 and took him back on a bill for \$60.

Everyone has heard of Moko being offered for sale at Lexington, and as no one made a bid on him, he was taken back to Walnut Hall Farm, where he became one of the leading sires of the country. Walnut Hall, his associate in the stud, did not receive a much better reception. When Splan purchased Maggie Yeager, she was in foal to the gray horse Conductor. That did not look very good to L. V. Harkness, but when the colt was foaled, his color, form and early speed earned him the name of the farm, where he was destined to remain for life.

Stamboul, 2:07 1/4, was almost a gift colt. In 1888 the bonanza king, John W. Mackey bred Fleeting to Sultan. The following year she produced Ruby, 2:19 1/4. As Fleeting almost died when delivering her foal, Mr. Mackey gave her to L. J. Rose. He bred her to Silverthreads and in 1880 she produced Lady Mackey, al-

though if you believe the Trotting Register and the Year Book, both Ruby and Lady Mackey were foaled the same year, or in other words according to that authority Fleeting had two foals by different sires in 1880. In 1881 Fleeting was barren. The following year she produced Stamboul, one foal sold him to W. S. Hobart for \$50,000, while he also sold Lady Mackey for \$5,000.

Gingen, the sire of Uhan, 1:55, would in all probability have been added to the list of geldings, if George Leavitt had not heard of him trotting a quarter in thirty-five seconds as a yearling. No one in Kentucky would buy a stallion by May King, as he was considered the poorest excuse for a stock horse that was ever seen in the blue grass country. Leavitt gave \$800 for Gingen. He shipped him to New England and sold him the following year for \$8,000. At the present time the descendants of Gingen are one of the dominating factors in light harness racing.

The breeder of Pilot Medium sold him for a trifle to get him out of his sight on account of an inquiry. Walter Clark took him to Michigan, where he got Peter the Great, who now lives in a boiler with twenty-five performers. George Ketcham ordered his foreman to kill Crescens when he saw him suffering from distemper. The foreman put the colt out of sight until he recovered. In time Crescens reduced the world's record to 2:02 1/4 and proved one of the best race horses that ever wore harness.

John H. Shultz paid thousands for Charles, one from being \$28,000 for Pancoast, Axworthy, the best horse he ever owned, cost \$500. Hamburg Belle, his fastest trotter, owed her existence to E. T. Berford seeing Axworthy brush on the Parville Farm track. He bred Sally Simmons to him and got Sally Simmons II. She was fast but a knee knocker. John E. Madden purchased her and sold her so she went clear. He changed her name to Hamburg Belle, who has since won races with her, and sold her for \$50,000 after she defeated Uhan in 2:01 1/4, the world's race record.

In 1891 while at Vina Ranch in California, Orrin A. Hickock took a fancy to one of the leaders of a four horse team. The horses was turned over to him to train. He did not do very well for Hickock but in other hands he started in 2:04 1/4 and also defeated the fastest trotter that Hickock ever raced. The horse was Azote.

The plough horse Captain Lewis was the greatest find on the turf. Everyone who had him made money. In March 1882 Colonel Parsons of Rochester, N. Y., turned him down at \$175. In April A. H. Tower of Lyons, N. Y., gave \$300 for the gelding and sold him in June to Colonel Parsons for \$1,000. He was sold to the same man for \$250. He was started in ten races that year, and won all of them, or in other words made a sweep just as R. T. C., 2:06 1/4, the next plough horse, did in 1911.

### YOUNG COLT AT WEANING REQUIRES BREEDER'S SPECIAL CARE AND MANAGEMENT

Take another look at that colt that has been well nurtured by its mother. It is a perfect model in form, a picture of health and full of fire and spirit. I never saw one but I think of it, and the fate that awaits it. It is here that domestication breaks down and nine-tenths of all the diseases and short comings of horse flesh originates. What a different looking class of horses, than those seen in many districts today, would be found if the fateful period between weaning and mature growth was given more consideration. No horse will arrive at maturity years earlier than full power, health and energy if the breeder has lost sight of the ideal as given him in the foalhood picture.

Every colt deserves a good start. It is necessary if the youngster is to be made into the best and most profitable animal. Pushing colts from out-start is one of the biggest factors that have contributed to the success of growing good horses. It is only of men who study colt weaning as a special subject who have mature draft horses worth the name or worth the rearing.

Preparing Colt for Weaning A foal will probably take its first mouthful of grain from its mother's feed box. So soon as a foal learns what grain is, it needs a feed-bowl, set rather low at a place convenient for it, and at the same time out of reach of other animals. There is no more interesting work around the farm than that of preparing the colt for weaning time. There is probably no time in the life of a horse when such profitable returns are made from feed as when it is fed to foals.

When the time arrives for complete separation of colt and mother there will be no setback if the colt has been accustomed to hand feeding during the preparatory period. On the other hand, if the foal has to learn to eat, weaning, properly described, is an act of preparation for the time it has to do without its mother. The sensitive animal loves to be fondled and fed and

## SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather, give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child, and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets show two ways of keeping children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

there is no better way of gaining its confidence than through its stomach. A little brown sugar fed to them by hand or sprinkled over their grain feed is a good first step in the act of preparing them for the weaning. After being deprived of its mother, it will follow flush and constitutional vigor while getting used to the new conditions and treatment. For a colt that has not been well nourished by its mother, it is a good plan to teach it to drink skimmed milk, and its continuance after weaning will prove exceptionally beneficial. Clean, sound oats well ground constitute the best of all grains for young weanlings. If to this a little oil meal is added, about half a pint a day, good gains will be made in spite of cold weather. Feed liberally; there is far more danger and permanent injury from under feeding than from over feeding. Watch the colt closely and find out the quantity it can use with safety and feed up to it.

About five or six months is long enough for most foals to nurse. By that time if they have learned to eat grain they can be weaned without a setback. If weaned while there is still a month or two grazing ahead during the fall, the transition from soft to dry feed is made very gradually.

### Winter Housing

Besides the feeding there is the housing and general care of the colt that bulks largely in the welfare and growth as well as its future health and usefulness. Do not let the little colt suffer in the cold wet weather, neither in the fall nor in the yard in winter time. Another practice that is entirely against the chances of keeping the colt in growing vigor and spirit is tying him up during the winter months in some out of the way dark corner of the barn, where he becomes an exile from any domesticating influence, and where feeding facilities are lacking. Choose a light airy place for the young colt, where he can enjoy winter life with summer freedom. Make feeding time one of your winter hobbies; there is plenty of time, in which to engage in the work. (When you are busy in summer the colt can look after himself if given the chance of a good pasture. Remember that good pastures in summer will never make up for what has been lost in winter. Roots, either fresh or pickled, supply the place of the summer succulent grass, and should be given regularly every day. Roots have a cooling tendency, contracting the heating effects of concentrated feeds. Many colts are spoiled through want of sufficient quantity of water. They are offered it perhaps the usual regulation number of times, but many colts will not drink ice cold water unless they are forced by excessive thirst. Water should be before them at all times in the stall. A colt cannot be kept growing in winter unless this precaution is taken. Timothy hay is not conducive to growth, and a portion of the best clover, alfalfa, or mixed hay should be saved for the use of the colt.

### Winter Exercise

Liberal feeding and abundance of exercise go hand in hand in colt raising, but it is a mistake to think that you have to give them exercise what ever the weather may be. It will pay to keep them in when cold winds blow, when sleet or rain is falling, or when it is at zero weather. The argument that colts are reared in the west, and all winter does not fit the conditions of the colt that has been born and reared in Eastern Canada. The air in Western Canada is more rare and dry, and the colt and its mother run free all the time. There is not a foot or two of wet snow lying on the farm for four or five months of the year, as it does here in the East.

In no other way can colts be ruined so surely and so permanently as by close confinement. Each day from two or four hours should be spent in the open air, according to the conditions of the weather. Never let them out with empty stomachs, especially in cold weather. To send newly weaned colts to rustle for an existence in a year of boxstall along with yearlings or two-year-olds, which is often their fate, is to court failure at the start. They should get special attention alone or with companions of the same age and experience. They are naturally sensitive animals, and when left out in the cold or are herded along with older horses the colt and its mother get some in after life are generally due to neglect during the first winter's attention and feeding. To retain their spirit and health should be the aim of every breeder, and the most vital period of their life, where these can be irreparably crushed, is at weaning time and the two succeeding years.

## FARM

### CATTLE BLOATING DANGEROUS

With the approach of the season at which bloating of cattle frequently occurs, the principal cause of the trouble and means by which it may be avoided will be of interest to our readers. Many a cow has come to an untimely end because she became dissatisfied with the scanty feed to be gathered from the closely cropped pasture, broke down the fence that surrounded a field containing a more luxuriant growth, and stuffed herself with the succulent, stolon greens, until she lost all desire for even another mouthful.

Soon her trouble began. Fermentation developed in the mass of green clover, and heart forms that fills the first stomach of the cow to its utmost capacity.

How Fermentation Causes Death The danger to the animal from acute bloating is not that the distended stomach may rupture, for such an accident is almost unknown. The pressure of the gas-distended stomach, however, exerts a dangerous pressure upon the heart and lungs, with the

result that animals dying from acute bloating usually die of strangulation through inability to breathe with their compressed lung tissue.

The stock owner should guard against the bloating of his cattle by every precaution at his command. Clover or other green vegetation, if eaten when wet by dew or rain, seem to be especially liable to ferment before leaving the first stomach of the animal that has fed upon them. Eating excessive amounts of middlings or corn meal will also cause bloating. It also occurs in cattle as a result of becoming choked. The principal cause, however, is overeating succulent green forage, such as clover, or green corn or borage.

### Change Feed Gradually

To prevent bloating in cattle, the animals should be shifted, by easy stages, from dry or scanty feed to abundant and luxuriantly growing food. They may be allowed to feed from the good forage for only three-quarters of an hour on the first day they are given access to such grazing. A full hour may be allowed on the second day, and by continued slow steps and gradually lengthened stay in the tempting feed, the danger of loss from bloating will be largely overcome.

But in case the first evidence of a too protracted stay in the heavy growth of forage should be that the owner notices one of his animals with sides distended, and perhaps even lifted above the level of the backbone, he must act quickly. Removal of the gas from the paunch will quickly bring relief. If a veterinary is within reach he should be summoned at once. If no surgeon is available the owner should immediately attempt to bring relief to his animal.

### Trocar and Method of Use

Many cattle owners keep a trocar and canula constantly on hand and thoroughly understand its use. The trocar is a sharp-pointed rod provided with a metallic sheath or canula which leaves the point of the trocar exposed. The spot to be selected for inserting the trocar is a point equally distant from the last rib on the hip bone, and the lateral horn of the pelvis, from the spine in the region of the ribs. Here a small cut about one-fourth of an inch long should be made through the skin with a small knife and then the trocar with canula attached may be pushed through the cut into the paunch. The trocar is then removed, allowing the gas to escape through the canula. The canula should be retained in place so long as any gas escapes through it. Sometimes several hours are necessary, and the canula should be firmly tied in place. An attendant should remain near the animal, if possible, so long as the canula is in the paunch.

### Medicines That Relieve Bloating

If the animal is not distressed and the bloating and swelling of the body is not great, or when the alarming conditions have been removed by the use of the trocar, it is best to resort to internal medicine to allay the formation of gas. Two ounces are aromatic spirits of ammonia in 2 quarts of cold water should be given every half hour, or half an ounce of chloride of lime dissolved in a pint of tepid water may be given every half hour until the pressure of the bloating has been removed. A dose of purgative medicine is usually beneficial after the bloating has disappeared. For this purpose 1 pound of Glauber's salts will usually prove effective.

Care should be used in the administration of fluid medicines. Take time. Do not hold the cow's head too high. Keeping the animal's head low, so that her nose is slightly higher than the level of her face will allow her to swallow without interference.

### HARVESTING RED CLOVER SEED

During a number of years the Dominion Experimental Farms have advocated the use of Canadian-grown red clover seed in preference to imported seed on the ground that the Canadian-grown crops which are likely to be heavier than the imported seed. As a result of this propaganda, and also because clover seed raising has been found to be a profitable business, the growing of red clover for seed is gaining in popularity although, as yet, it has not developed into the prominent business which it is bound to become if pursued rationally.

As is well known, the seed crop is practically always taken from the second crop of the season. Assuming that the second crop has been set aside for seed production, it should be harvested when most of the heads have turned brown and the stems of the plants begin to dry up. If the crop is cut before it has reached the said stage of development, the quality

## WHITE-WASH RECIPE

A whitewash recipe which is popular for use around the farm consists in slaking a half bushel of lime in boiling water, keeping it covered during the slaking process. The lime is then strained and one peck of salt dissolved in warm water is added. Three pounds of ground rice are boiled with water to a thin paste; while half a pound of powdered Spanish whiting and one pound of clear glue are dissolved in water and then all these materials are thoroughly mixed together and allowed to stand for several days. This wash should be prepared in a kettle or portable furnace as, for best results, it should be applied as hot as possible with paint or whitewash brushes. The washes which contain milk, flour or glue should not be used in damp interiors because of the tendency of the organic matter decompose. For such work it is preferable to prepare a whitewash according to some formula, which does not include these ingredients. In all cases, whitewash is best applied with a broad flat brush, the liquid being spread lightly over the surface which is to be painted. No attempt should be made to brush in whitewash, as is done with oil paint.

## FRECKLES

Now is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of Othine—double strength—from any druggist and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful, clear complexion.

Be sure to ask for the double strength Othine as this is sold under guarantee of money back if it fails to remove freckles.

## TULLEY SUFFERED SEVENTEEN YEARS

WAS SO RUN DOWN HE COULD HARDLY GET ABOUT—HE FEELS FINE NOW.

"Tanlac is the only thing that has done me any good since my health failed about seventeen years ago, and that is saying a good deal, for I have tried a great many different treatments and medicines since that time," said Raymond Tully, a well-known employee of George E. Beal and Son, Ltd., and who lives at 116 Argyle street, Halifax, the other day. "I underwent a lot of suffering during those years," continued Mr. Tully, "and when I commenced taking Tanlac I was so run-down and worn-out that I was hardly able to get about. My stomach was in bad condition and there was hardly anything I could eat that would not cause me to suffer afterwards. I would often suffer with severe pains right in the pit of my stomach which was caused by gas forming from sour, undigested food. I felt tired and drowsy all the time, and if I sat down for a little while I would go sound asleep. I was bothered a great deal with headaches, too. In addition to this trouble, my kidneys began to give me trouble several years ago, and sometimes I would have such severe pains across the small of my back I couldn't move. In fact I was in pain nearly all the time, night and day, and the medicine treatment I took didn't seem to help at all.

"One day not long ago, I was talking to a friend of mine, and he told me about the good Tanlac had done him, and advised me to give it a trial. Well, sir, I have taken three trials of Tanlac so far, and it has brought me a world of good. I have the appetite and what I eat agrees with me all right. I never have indigestion and my stomach any more, and am bothered with those awful pains in the pit of my stomach. My kidneys seem to be in perfect condition, and I am never bothered with those pains in the small of my back. In fact, I am in better condition in every way than I have been in many years, and I believe I can truthfully say that I never felt better in my life. I don't have that tired, drowsy feeling like I did, and I can do as much work in a day as I ever could. I give Tanlac all the credit for this wonderful improvement in my condition, and I never lose an opportunity to speak a good word for this wonderful medicine."

Tanlac is sold in Charlottetown by Reddin Bros.

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