

# MAGAZINE GUARDIAN

## SCHOOL AND HOME

### HOUSEHOLD HINTS.

#### Keeping Flour Paste.

Flour paste will keep indefinitely without souring if finely chopped cloves are added to it.

#### Alum on Carpet.

The colors of a faded carpet can easily be revived by applying a weak solution of alum, after a thorough sweeping.

#### To Remove Tartar.

Dip an orange wood stick, wound with absorbent cotton, first in lemon juice and then in pumice-stone. Apply this vigorously to any tartar spots on the teeth.

#### For Oily Hair.

Beat the white of an egg as stiff as possible and rub it into hair that is too oily. Allow this to dry and the egg will brush out like powder leaving the hair fluffy and bright.

#### For Grease Spots.

Saturate the spot with turpentine, then place a piece of blotting paper under it and another over it. Press hard together and leave a while with a heavy weight on it.

#### Saving the Table.

A layer of waxed paper will prevent the linen from adhering to a polished table when the dishes are placed on it, and will also prevent stains.

#### Grape Juice Souffle

1/2 cupful of unflavored gelatin  
2 cupfuls of hot grape juice  
3 eggs  
1/2 cupful of sugar  
Soften the gelatin in cold water, then dissolve in the hot grape juice, keeping in a double boiler until it is altogether melted. Strain and set aside to cool. When partly cold add the stiffly beaten whites of eggs and sugar, and pour into a mold to chill. Serve plain or with whipped cream, if desired.

#### Grape Tapioca

1/2 cupful of tapioca  
3 cupfuls of boiling water  
1 cupful of grape juice  
1/2 cupful of sugar  
1 tablespoonful of lemon juice  
1/2 teaspoonful of salt.  
Let the tapioca soak in boiling water a few hours, then cook in same water until transparent. Mix with other ingredients, pour into a mold and set aside to chill.

#### Grape Juice Sauce For Puddings

1 cupful of sugar  
1/2 cupful of water  
1/2 cupful of grape juice  
Stick of cinnamon.  
Boil the sugar and water with cinnamon until thick. Remove the stick of cinnamon, add grape juice and serve. A tablespoonful of or-

## LOSS OF STRENGTH THROUGH INDIGESTION

### THE STOMACH CAN ONLY DO ITS WORK WHEN THE BLOOD IS RICH AND RED

Indigestion means loss as well as suffering to many people. Loss of strength, loss of time and loss of money follow indigestion and debility continues as long as the indigestion remains. Workers suffer from indigestion because their hours are long, and often they cannot give up proper time to meals. Then the appetite becomes flabby, digestion becomes feeble and the blood becomes impoverished. So the general health suffers; languor, nervous troubles and often sleeplessness follows. It is well to remember that the whole system of the body depends on the good blood. It is impossible unless the digestion is good.

The stomach cannot do its work unless the blood is made rich and red, and so new blood alone can cure indigestion. It is for this reason that a remedy which makes new, rich blood, cures indigestion and builds up the whole system. The great value of Dr. Williams' Pink Pills in cases of this kind is proven by the statement of Mr. E. E. Small, Wingham, Ont., who writes: "The truthfulness of my statement can be proven by scores of my friends, and acquaintances. I am a glove cutter by trade and for six long years, have at times been a great sufferer from complication of ill chiefly due to indigestion. The gas would accumulate on the stomach causing me great pain. I would bloat up at times and almost suffocate, and often when at work would be overcome by a drowsy oppression which was almost insupportable. Finally I began the use of Dr. Williams' Pink Pills and after taking several boxes I feel like a new man. The transformation they have made in me is simply remarkable, and while using them I gained thirteen pounds in weight. I may add that I began the use of Dr. Williams' Pink Pills as a result of what they did for a niece, who underwent a critical operation, and who did not regain her strength until she started using the pills. In her case they fully restored her health, and this encouraged me to begin their use, with, as I have already said, a complete restoration of health in my own case." You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Brockville, Ont.

ange or lemon juice may be used instead of cinnamon if preferred.

#### Grape Juice Pudding

1/2 cupful of butter  
2 eggs  
1 cupful of grape juice  
1/2 teaspoonful of salt.  
Grated juice and rind of orange. Cream the butter with sugar, blend with beaten yolk of eggs, grape juice and orange juice. Finally, fold in the stiffly beaten whites of eggs. Pour into pie crust cover with top and bake in a moderate oven 45 minutes.

#### Grape Juice Filling for Layer Cake

2 egg whites  
1/2 cupful of powdered sugar  
1 cupful of grape juice  
2 teaspoonfuls of gelatin  
1 teaspoonful of cold water  
2 tablespoonfuls boiling water.  
Soften the gelatin in cold water, then dissolve in the boiling water, add other ingredients, and finally the stiffly beaten whites of eggs. Spread on hot cake.

### FIVE UNUSUAL WAYS TO MAKE GRAPE JUICE DESSERTS

Now that grape juice is making a permanent place for itself on pantry shelves that once knew it not, this delicious drink may be used in other ways than as a beverage to add variety to the family menu. The juice of the grape is wholesome not only because of its refreshing quality, but because of its mineral content. It can be used for even the children's desserts, in its unfermented state.

### MAKING PORK SAUSAGE.

To each three pounds of fresh, lean pork add 1 pound of fat. As the pork usually used for sausages is the shoulder, neck and lean trimmings, the sausage is quite likely to be too fat, unless the fat is adapted and used for fat. Mix the fat and lean together in chopping. Where a rotary cutter is used it is best to cut the meat twice. After it is cut the first time spread it out thinly and season. One ounce of pure, fine salt, one half ounce of ground black pepper, and one half ounce of pure leaf sage, rubbed into each four pounds of meat will suit the taste of most people. The seasoning should be sprinkled thinly over the cut meat and the meat again run through the cutter to mix the seasoning thoroughly. This method will give a more even mixing of the spices than can be obtained by working it with the hands. For immediate use the sausage may be packed away in stone jars or crocks, to be sliced for frying. Many people stuff it in to casings made from the small intestines of the hog. When this is done the intestines must be turned inside out and carefully cleaned. Mixed sausage may be made from pork and beef in almost any proportion. When three or four hogs and a beef are killed on a farm for the year's supply of meat a nice supply of sausage can be made from the trimmings. Sausage should not contain too much fat. A good proportion is about one pound of fat pork, and 1 lb. of lean beef. Chop together fine and season the same as pork sausage. Pack in jars, muslin bags, or casings. This is not so fat as clear pork sausage.

### CARE OF THE DINING-ROOM

The duties of a well-trained waitress include the care of the dining-room. All these duties should be definitely stated at the time a maid is engaged so that there may be no misunderstanding of her part in the dining-room. A waitress should be quiet and unobtrusive, and her dress neat and suitable. In the morning a light cotton dress with a white apron, collar, and cuffs is a black dress with a small apron. If there is a fire alarm in the dining-room, the waitress should be first to the fire and the hearth brushed. The floor comes next. If there is a rug, it can be brushed with a sweeper, a vacuum cleaner, or a vacuum-sweeper, after which the floor should be dusted with a dust mop. The room should then be dusted, the flowers or fern attended to, and the table laid for breakfast.

After the meal, the dishes must be washed and put away, the cloth carefully folded if it is to be removed, all crumbs taken from the table, the rug and the room well-aired. It is always important that the window shades of the house be uniformly adjusted and that the curtain hang straight. Once a week the dining-room must have a good cleaning. If the rug is small enough to be taken out, it should be beaten on the wrong side, or swept with a stiff brush, but never shaken by the ends as this is apt to cause the edges of a rug to fray. The walls and pictures should be carefully wiped down with a soft cloth, also the cornices and woodwork. There are good long-handled soft brushes for the walls, but a broom covered with a soft cloth serves very well. It saves trouble to have on hand two or three bags made to fit the broom. They can be made of any sort of old material and can be washed regularly.

### COOK SAYS.

Cook says that some housewives are not as particular as they should be in hanging out their washing on the line and she suggests the following: A sheet of a tablecloth hung on the line with the selvage at the bottom, and especially if it is drawn tight, will stretch in the middle more than on the selvage, and the clothespins will twist the

## Dyed Child's Coat And Her Old Skirt

### "DIAMOND DYES" MADE FADED SHABBY APPAREL SO FRESH AND NEW

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings.

The Direction Book with each package tells so plainly how to dye that you can make a mistake.

To match any material, have druggist show you "Diamond Dye" Color Chart.

grain of the hems all out of shape. They should be hung with the hems down, and then be pulled slightly on the line to prevent their stretching in the middle. Towels, dusters, pillowslips, should be hung in the same way, hems down. Before hanging them there is an important part of the work to do, because it is a preventive of more work later, and that is the wringing out of the clothes.

Instead of putting such articles through the wringer by the corners of any edge that happens to be most handy, keep this rule in mind from start to finish, "the way of the warp." Lift the article from the water lengthwise rather than widthwise. Take the ends, not the sides, in the hands, and lift the pieces up and down in the water until well rinsed. Then put the end through the wringer evenly, and before hanging them out on the line take each piece by the end and shake it well.

### CANDLESTICKS AND CANDLES

Candlesticks, with their accompanying candles, first came into use because they were needed for illumination. And when invention made them no longer necessary for that purpose, housewives discarded the candlesticks but kept the candlesticks because they were beautiful and the places where they hang always stood looked strangely bare without them. So they stayed. The idea of simplicity in decoration being adopted later on, and useless objects were swept ruthlessly out of homes. The idea that "nothing can be beautiful unless it is useful" was in too many cases adopted without reservation—somehow the candlesticks still stayed. They were so decorative that housewife didn't want to give them up; but bearing that inflexible rule about use in mind, they simply re-stored the candles to the candlesticks without reservation—somehow the candlesticks still stayed. They were so decorative that housewife didn't want to give them up; but bearing that inflexible rule about use in mind, they simply re-stored the candles to the candlesticks without reservation—somehow the candlesticks still stayed.

Those candles brought beautiful spots of color into many homes that needed just that touch of brightness. Sunset yellow, twilight blue, gay cerise, and shiny black candles found their way into the candlesticks—and incidentally into people's heads and hearts. But even today they are not burned out nor last forever. Dust will eventually settle on them and refuse to be rubbed off, and sometimes they lose their luster. Either they must be burned, or some means must be found of restoring them—preferably the latter, as they should not be wasted. Restoring them is possible, and the process is simplicity itself. They can be painted (with a brush or dipped) in oil paint, water color, or even some brands of ink. The paint should be tested on the bottom of the candle so as to be sure to get a desirable shade. In a very few moments the candles are rejuvenated, just as good—and frequently more beautiful than when new.

### HOW TO MANICURE YOUR OWN NAILS IN TRUE BEAUTY WAY

Many women lavish care on their hands to keep them soft and white and pay little or no attention to manicuring their nails properly. Your hands are conspicuous with every move and gesture, and seem to indicate the quality of your personal daintiness.

Pretty, well-kept hands in their expressiveness and charm may even make one forget to criticize a face not beautiful, but the most perfect face cannot charm, if its hands are unattractive. The manicured hand has its own beauty regardless of whether the fingers are perfect in shape or the skin ideal in texture and whiteness. Absolute cleanliness is the first requisite for beautiful hands. Against cleanliness, systematic filing and shaping of the nails, together with the care of the cuticle, are necessary to their care. Polishing the nails is a matter of taste. A high lustre, if carried to excess, is considered bad form.

### Some Important Points

Sometimes there are stains on the fingers and hands which require something stronger than soap and water. In most cases lemon juice will remove these stains. In some instances it may be necessary to apply a stronger remedy by mixing a few drops of ammonia with peroxide, which should be used by saturating absorbent cotton wrapped on an orange stick with this liquid. If your nails are brittle a weekly immersion in olive oil heated to a temperature in which it is possible to hold your finger tips for at least 20 minutes is highly recommended. If it isn't convenient to have a professional manicure regularly it

## Phosphonol Has Conquered Practically Every Disease

Bright's disease, heart troubles, hardening of the liver, diabetes, paresis, anemia, nervous debility and scores of other dreaded maladies have yielded to our Phosphonol. Treatment. Broken down men and women who are prematurely aged have regained lost vigor and vitality. And just as efficacious in acute.

### Caring for Cuticle

In filing your nails work from the outer side toward the centre and never from the centre to the corners, because the file may strike and roughen the delicate skin, which is more prominent at the corners of your nails than at the ends. After filing your nails wrap a small bit of absorbent cotton around the pointed end of an orange stick and dip it into lemon juice, a nail bleach or into the water in the bowl. Gently push the swab of cotton under the free edge of your nails. You may also wash over the surface of your nail with a bleach to remove any discoloration on the nail or skin adjacent to it.

After your nails are perfectly clean wipe your finger tips dry, and smooth any rough edges with an emery board. Watch out for hang nails. If any appear remove them with an emery board or clip them with sharp, curved scissors.

### FARM CARE OF THE PLOW

The success or failure of a crop depends to an enormous extent upon proper tillage and the plow, the chief implement of tillage, requires far more care than it usually receives. In going over a plot at the end of a row, the plow should be especially of the bright metal parts and at the lower ends of the handles. Tighten up all nuts and replace any missing ones. Go over the metal parts in detail. Those parts which are badly worn will be renewed. If they are of steel, they may be re-sharpened. See that the share and mouldboard are level and shim up with cardboard if they are not. If the roller is a rolling one, its bearings should be examined to see if they need renewing. Where a gauge wheel is used the bearings should be examined, but not lubricated, if they are plain bearings. The frame of the sulky or gang-plow should be examined and all nuts tightened. Levers should work easily and without lost motion. Take down the wheel bearings, clean off all grease with kerosene. If possible, make adjustments for wear, replace defective parts and repack with fresh grease. Disc plows should have all discs resharpened and bearings taken apart, cleaned and repacked with grease. The wooden parts of all plows should receive a coat of paint. It would be well to put a coat on the metal parts, as well as on those of those that are kept bright. These bright parts should receive a coat of grease after all rust has been removed. Rust must be kept off them as much as possible, because a plow will not work efficiently until the rust has been removed, but the plow surface is worn smooth again, and this means a considerable increase in draft.

### Says They Helped Her Aching Back

#### MRS. ROBERT BAIRD TELLS OF DODD'S KIDNEY PILLS

Belmore Lady states that she was weak and run down till she found relief in Dodd's Kidney Pills.

Belmore, Ont., March 12th—(Special.)—"I can assure you that Dodd's Kidney Pills helped my aching back as none others ever did or ever will do."

It is Mrs. R. Baird a well known and highly respected resident here who makes this statement. She is an enthusiastic believer in Dodd's Kidney Pills as a remedy for weak and run down women.

"I was both weak and run down all last summer," she states truthfully. "And before my baby was born I used Dodd's Kidney Pills. They helped me in every way. I also had my little boy take them and they benefited him greatly."

Women who are weak and run down should look first to their kidneys. No woman can be strong and healthy if her kidneys are not doing their full work of straining the impurities out of the blood. Weak kidneys are the cause of nine-tenths of women's ills. Ask your neighbor if Dodd's Kidney Pills do not make strong healthy kidneys.

## PHOSPHONOL TREATMENT

Pneumonia, typhoid fever, rheumatism, virulent blood diseases, peritonitis, etc., are treated with a remarkably high average of success. The nerves are made strong and you regain that lost pep. Phosphonol is sold at all good drug stores. If you are out of reach of a drug store, we will mail Phosphonol to you on receipt of price, \$2.00 a box or 2 for \$3.00. The Scott Drug Co., St. Catharines, Ont.

### ABOUT FEEDS AND LIVE STOCK IN MARCH

Timely Items and Practical Information to Be put into Effect This Month

This is the month when every thing should be got ready for the spring work. If by the middle of April, or whenever you get on the land, you have your plow, disc, harrow, cultivator, roller, binder and other implements that you will require, for preparing the land, sowing seed, cultivating crop and harvesting the crop, in first-class shape, so that you can haul them out of the machine shed at a moment's notice and use them, then you have only yourself to blame if at the end of the year your bank account is not as large as you expected.

### PUTTING THE CALVES ON HAY AND GRAIN RATION.

Work has been done recently at the Missouri College of Agriculture to determine the earliest age at which calves can be taken off skim-milk and still continue to make normal gains. The general plan has been to wean one group of calves at five months, another at four months, and a fourth group at two months. Both before and after weaning the calves were weighed and measured every ten days and the weights and measurements compared with normal weights and measurements for the breed. Success has been attained by weaning both Jersey and Holstein-Friesian calves at five months, at four months, and at three months, and practically normal gains were secured in almost every case when the calves were taken off a skim-milk ration when 60 days old. The plan has been to give the calves a good ration of skim-milk with some hay and grain as soon as possible. For the first two weeks after birth a small calf such as a Jersey should receive a ration of whole milk to one of skim-milk, fed in two or three feeds. A large calf such as a Holstein may be given 10 or 12 pounds daily. When the calf is a week old it can be gradually changed from a ration of whole milk to one of skim-milk by substituting an equal amount of whole milk for each portion of whole milk removed. A complete substitution can be secured in a week or ten days, when a medium-sized calf should be receiving about 12 pounds of milk daily. From this time until the calf is two months old it should receive from 12 to 15 pounds of skim-milk daily. During this period the calf must be taught to eat hay and grain. The calves on experiment were fed liberally until 55 or 60 days old, at which time they were taking an average of one pound of grain daily. The amount of skim-milk was then reduced a half and the amount of grain and hay somewhat increased. A week or ten days later the rest of the skim-milk was withheld provided the calves were doing well.—Breeder's Gazette.

### WHEN BABY IS CROSS

Mothers, when your baby is cross—when he cries a great deal and no amount of attention will soothe him—something is the matter. It is not the nature of little ones to be cross and peevish—the well child is a happy child. Give him a dose of Baby's Own Tablets and he will soon be well again. The Tablets are a mild but powerful laxative that regulate the bowels and stomach; banish constipation and indigestion; break up colds and simple fevers and relieve the other minor ills of little ones. Concerning them, Mrs. Oscar Bedard Ste., Sophie, Que., writes:—"Baby's Own Tablets are an excellent remedy for constipation. They relieved my little one when nothing else would and I can strongly recommend them to all mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### RAISING SUPPLIES FOR FARM TABLE

What many city business concerns look to for a successful season is free buying by the farmers, and, in general, such business results to the benefit of both parties. However, there is no line of supplies that the farmer can hardly be asked to take an interest in, so far as the dealers chances of providing the same are concerned. Although the farmer can, at a pinch grow his entire feed supply, there is economy these days in securing such important items as flour, manufactured grain products, spec-

## Sage Tea Darkens Hair To Any Shade

### DON'T STAY GRAY! HERE'S AN OLD-TIME RECIPE THAT ANYBODY CAN APPLY

The use of Sage and Sulphur in restoring faded, gray hair to its natural color dates back to grand-mother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Sage and Sulphur Compound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears—and after another application or two, it becomes beautifully dark and glossy.

### NOT AT HOME

A little girl on being told by her mother that when a child died an angel came and took her up to heaven thought deeply for a moment and then said: "Mamma, if an angel comes asking for me say I'm not in."—Boston Transcript.

### TURF

#### RAISE SALEABLE HORSES.

During the past twenty years or more so many have contributed so dutifully to the efficiency of labour saving machines. The combustion engine has been brought to a degree of perfection that makes it a preferable source of power for the present. The use of horses, although formerly used, the automobile, auto truck and farm tractor have been found very efficient sources of power for so many lines of industry that breeders of horses, raising little encouragement for carrying on.

However, time has demonstrated that for many occupations such as farming, lumbering and mining any form of mechanical power can not entirely substitute the horse. In recent years the horse has been developed. In fact it is impossible to supply the present demand for heavy draft and good road horses in this province, and many of our Maritime Province customers are importing from other parts of the world quantities to supply the demand.

We in Prince Edward Island continue to breed and raise quite a considerable number of foals, estimated to be about 4,000 yearly, but the quality unfortunately is not of the highest. The best market for such horses is for heavy draft and good road horses in this province, and many of our Maritime Province customers are importing from other parts of the world quantities to supply the demand.

Dealers also find a great scarcity of good drivers. In fact, in one instance \$350 was paid by a merchant for a good horse. In one week in Charlottetown, a fine 14 lb. roadster, a good mannered, gentle animal without a greater speed than a good road horse should possess. This man had a Toronto in search of a driver for his motor car. He goes to show the horse to his friends who are very scarce, and in our northern climate, at least, good ones will always bring a paying price. We should use the best class Standard Bred Stallions. The animals, bred, raised and trained for generations for racing purposes are athletes of the equine race and will transmit their qualities, speed and endurance to their offspring.

Our importations have included too many undersized animals, and the public has been misled by good sized horses of this calibre and their get are prominent winners at our country and provincial shows. To stimulate the breeding of the most valuable class of horses in this Province, and bring to the notice of the public the most desirable class of standard bred stallions, and to assist in their distribution and sale, the Department of Agriculture has decided to hold a Horse Show and Auction at the Agricultural Building, Charlottetown, on March 17th and 18th. The prizes are now being distributed. This is an excellent show that has no detractor, show features, and as the lion fee is very moderate, promotion of the business of the province is a great benefit. Making this show a success.