

THE MAGAZINE GUARDIAN

Teachers, Parents, Pupils,
Farmers, Dairymen, Horsemen

THE SCHOOL AND THE HOME

WAR MEALS.

BREAKFAST SUGGESTIONS.

Remember the war-need for saving wheat and flour. Choose not more than one from each Group.

FRUITS.

Fresh—Apples, Berries, Melon
Any seasonable fruit.

Dried—Cooked—Apples, Stewed fresh fruit, Dried fruits, Bananas.

CEREALS.

Oatmeal, rolled oats, cornmeal, mush, hominy, rye porridge, barley porridge.

MEAT SUBSTITUTES.

Fish in any form, Eggs in any form, Baked beans, Peas-brose, Milk.

BREADSUFFS.

Bread or rolls, Toast, Cornbread, Muffins, scones, etc., Oatcakes, Boston brown bread, Pancakes.

BEVERAGES.

Coffee, Tea, Cereal coffee, Cocoa, Milk, Water.

LUNCH AND SUPPER SUGGESTIONS.

Remember the war-need for saving wheat and flour. Choose not more than one from each Group.
Meat Substitutes. Milk, Milk Soup, Bean or pea soup, Chowders, Baked beans, Substantial salads.

STRONG PEOPLE NEEDED

The need for people to be healthy is urgent. Those whom illness has put outside the ranks of robust men and women feel their position keenly. They are handicapped in every walk of life and weak men and nervous women need more earnestly than ever to put their health right and become active and strong. Many who began "patching" months ago are as ill as on the day they began vainly tinkering with common drugs. Every ailing man and woman should remember that the ills of debility, nerve exhaustion, indigestion, sleeplessness, neuralgia, and depression come from a faulty blood supply. Worry, overwork or other causes have impoverished the blood and left the life-stream impure. The nerves thereby are starving and the whole system is languishing for new blood. In this condition many thousands have won back strong nerves and new health and strength through the new rich blood. Dr. Williams' Pink Pills actually makes, in a weak or bloodless condition it is not only a waste of time and money, but also a further menace to your health to tinker with common drugs. Follow the example of so many thousands by giving Dr. Williams' Pink Pills a fair trial, and they will transform you into healthy, active, men and women. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.



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Eggs in any form. Cheese dishes. Fish in any form. Breadstuffs. Bread. Rolls, coffee, cake, etc. Muffins, gems, etc. Biscuits, scones, etc. Oatcakes. Soda biscuits, etc. Boston brown bread. Pancakes, etc. Sweets. Fruit in any form. Honey, sprup, etc. Cake, cookies, etc. Beverages. Tea, coffee, cocoa. Milk, buttermilk. Fruit drinks.

DINNER SUGGESTIONS.

Remember the war-need for saving beef and bacon. Choose not more than one from each Group.
Meats and Meat Substitutes. Meats—Flesh of animals—any form. Poultry—any form. Fish—Served in any form. Meat Substitutes. Eggs—any form. Cheese and cheese dishes. Dried beans and peas—any form. Milk soups. Vegetables or Cereal. Potatoes. Rice.

Parsnips. Hominy. Roots, Bulbs, Tubers. Onions. Beets. Turnips. Carrots. Artichokes. Green Vegetables. Cabbage. Green peas and Cauliflower. Beans. Asparagus. Celery. Spinach. All salad stuffs. Tomatoes, Squash, etc. Sweets or Desserts.

Light. Fruits—fresh, baked, stewed. Fruits in jellies or ices. Fruits in jams, preserves, etc. Junket. Medium. Custards. Milk and cereal puddings. Fruit pies. Cake and cookies (plain). Ice cream—plain. Heavy or Rich. Rich puddings, e.g., plum, suet, and most steamed puddings. Rich pies—mince, cream chocolate and custard. Rich cake—fruit, pound, and oil with much fruit, fat or nuts.

EXAMPLES OF A DAY'S MEALS.

I. For a Hard-Working Man. Breakfast. Oatmeal. Creamed codfish. Brownbread. Butter. Milk for porridge and coffee. Sugar. Coffee (or tea). Dinner. Pork chop. Mashed potatoes. Carrots. Bread. Steamed pudding. Milk for coffee. Sugar. Coffee. Supper. Bean soup. Corn muffins. Butter. Sliced bananas or stewed fruit. Cookies. Milk for tea. Sugar. Tea.

II. For a Man at Sedentary Work. Breakfast. Fresh Fruit. Cornmeal mush. Scrambled egg. Rye bread. Butter. Milk for mush and coffee. Sugar. Coffee (or tea). Dinner. Cream of tomato soup. Bread or biscuit. Mutton. Boiled potato. String beans. Baked apple. Thin cream. Sugar. Supper. Creamed fish on toast. Milk biscuits. Apple sauce. Milk for tea. Sugar. Tea. III. For a 3-year-old Child. Breakfast. Scraped fresh apple or orange juice.

Strained oatmeal and top milk. Milk to drink. Morning Lunch. Milk. Biscuits. Dinner. Poached egg. Tender vegetable put through sieve. Stale bread and butter. Corn starch pudding. Milk to drink. Supper. Rice and top milk. Seedless jam sandwiches. Milk to drink.

OLD-FASHIONED RECIPES.

Here are a few old-fashioned recipes that are worth trying:

BUCKWHEAT GRIDDLE CAKES.

Two cups buckwheat and 1/2 cup cornmeal, 2 cups warm milk and 1/2 cup warm water, 2 tablespoons molasses, 2 teaspoons baking powder, 1 small teaspoon salt. Mix milk, water and molasses together. Sift meal and flour three times with the baking powder and salt. Make a hole in the centre of the flour, stir in the milk and water quickly and lightly until you have a good batter—not to stiff—and bake.

CORN BREAD.

Two cupfuls corn-meal, 1 cupful flour, 2 1/2 cupfuls milk, 3 eggs, a tablespoonful each of butter and white sugar, 1 teaspoonful salt, 2 teaspoonfuls baking powder. Melt the butter and stir in the eggs beaten very light. After sifting salt, sugar and baking powder with meal and flour, put in the milk, eggs and butter. Beat hard and bake for 1/2 hour in a greased pan in a steady oven.

CORNMEAL CRUMPETS.

Heat a quart of milk to scalding and pour it gradually upon two full cupfuls of cornmeal. When thoroughly mixed, stir into this a tablespoonful of granulated sugar and a quarter of a yeast cake dissolved in a little warm milk. Cover the bowl of batter with a cloth and set to rise. Early in the morning add a tablespoonful of melted shortening and beat hard for a moment before pouring into greased muffin-tins. Set near a range for 20 minutes, then bake.

HOMINY CAKE.

Take 1 cupful hot boiled hominy, add 1 teaspoonful of salt and yolks of two well-beaten eggs. Add slowly 1 cupful of milk, 1 cupful cornmeal, and the whipped whites of 2 eggs. Bake in a flat tin in a hot oven for thirty minutes.

CUCUMBER CUPS.

Cut two cucumbers into slices about two inches thick without peeling them. Then with a small knife cut a narrow strip out of the cucumber, just the depth of the skin; leave a space equal in width to the piece taken out and then remove another strip. Continue in this way until the cucumber is encircled. This gives a scalloped effect to the cucumber. Remove some of the centre of each slice of the cucumber and fill them with chicken salad. Arrange them on a dish and garnish with watercress or parsley.

RECIPE FOR GINGERBREAD.

The ingredients for this dish are 1 cup of molasses, 1 cup of sugar, 1 cup of butter and lard mixed, 2 eggs, 1 cup of milk, 3 cups of flour; 1 tablespoon of ginger, 1 tablespoon of cinnamon, 1 tablespoon of cloves, and 1 teaspoon of soda, dissolved in 1/4 cup of hot water. Mix all the ingredients together and add soda and the well-beaten eggs last. This, as one may see is an old-fashioned recipe, for the modern cooks usually sift the dry ingredients together; so, according to modern methods, the soda should be sifted with the flour. This recipe will make two good-sized cakes.

Hurrah! How's This
Cincinnati authority says corns dry up and lift out with fingers.

Hospital records show that every-time you cut a corn you invite lock-jaw or blood poison, which is needless, says a Cincinnati authority, who tells you that a quarter-ounce of a drug called frezone can be obtained at little cost from the drug store but is sufficient to rid one's feet of every hard or soft corn or callus. You simply apply a few drops of frezone on a tender, aching corn and soreness is instantly relieved. Shortly the entire corn can be lifted out root and all, without pain. This drug is sticky but dries at once and is claimed to just shrivel up any corn without inflaming or even irritating the surrounding tissue or skin. If your wife wears high heels she will be glad to know of this.

TOMATO BUTTER.

Take ten pounds of ripe tomatoes skinned; four pounds of granulated sugar three pounds of tart cooking apples, one quart of moderately strong vinegar, half an ounce of stick cinnamon, half an ounce of ginger one fourth of an ounce of mace and one fourth of an ounce of whole cloves. Tie the spices in a cheesecloth bag, put the other ingredients into a preserving kettle, add the spices, and boil all for three hours over a moderate heat. Stir frequently. Less vinegar may be used, to suit the individual taste.

STUFFED ONIONS.

Make several large onions into cups, by scooping out the hearts. Chop the parts cut out with any sort of cold meat. Add also a few dried bread crumbs, a dash of mace and 1 tablespoon of cream. Blend these ingredients together well and stuff the hollowed onions with it. Bake them for about 1 hour, basting frequently with melted butter. When done, remove carefully from the pan, in order not to break them. Add the juice of 1/2 a lemon to the juice left in the baking can and thicken this with 1 tablespoon of browned flour. Let this come to a boil, stir into it 4 tablespoons of cream. Pour this sauce over the onions and serve.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. A. C. Smith, Goodwood, Ont., writes:—"I have used Baby's Own Tablets for the past two years and have found them the best medicine a mother can give her little ones and I would not be without them." The Tablets never fail to banish the simple ailments of childhood. They regulate the bowels, sweeten the stomach and make the cross sick baby bright, healthy and happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FARM

ABOUT THE CROPS AND LIVE STOCK IN OCTOBER.

Most of the corn will have been harvested by this time. In those sections where it has not been left growing as long as possible. Even if it is touched with frost its feeding value will not be greatly impaired. It is better to take a chance with frost than to cut the corn too soon.

After the silo has been filled, if the corn is not fed right away, it should be given a good tramping every day as long as it is setting. The corn in the top of the silo does not settle as rapidly, of course, as that in the bottom, and the tramping, by making it compact, will prevent it from spoiling. If the corn on top is very dry, it should be thoroughly moistened. This will make it easier to pack.

A common way of feeding corn is to let it stay in the shock in the field and haul it in as it is wanted. For temporary feeding in the fall this is all right, but towards Christmas the corn becomes dry and is not relished by the stock as much as if it has been put into the silo.

The trouble with feeding corn in this way is that there is considerable waste as the animals will not eat the butts unless they are forced by starvation to do so. Experiments have shown that corn that is made into silage will produce more milk than if the same corn has been fed from the stock.

With milk selling for \$1.50 per hundred, we reckon that corn is worth 60 cents per ton more when it is made into silage than if it were fed dry. If

you have not a silo, there is already time to put one up. A 14 by 30 foot silo will hold 93 tons of silage, which will hold enough silage to feed 23 cows for six months, allowing 40 pounds of silage per cow. Even if the corn is already cut and in the shock it can still be made into silage. When put into the silo considerable water should be added, but a very fair quality of silage can be made.

The root crop is very promising and in much better condition than the same time last year. Roots should be left in the ground as long as possible. Mangles should be harvested before there is danger of severe frost. Turnips will stand a fairly severe frost without much damage. Mangles, as a rule, should be harvested around the middle of October and turnips a week or two weeks later. Much depends of course, on the season.

There is not much trick about harvesting mangels. A pull and a twist to break off the tops—and there you are. With turnips, however, it is a different proposition. Harvesting turnips by pulling them out like mangels is back-breaking work. Ordinarily the best and easiest way to harvest turnips is the common one of cutting off the tops with a hoe and harrowing them out.

When turnips have to be shipped, the best plan, however, is to pull them out by hand and cut off the tops and roots with a knife. It is hard work, but the only way if the roots are to be shipped in good condition.

When storing the turnips in the root cellar be sure and throw them back up out of the dirt in which they fall, otherwise they will rot very readily.

All the plowing that can be done this

fall should be done regardless of what crop is to be sown next spring. In climates where they do not get the severe frost that we do, spring plowing is more desirable for certain crops than it is here, but we are becoming more and more convinced that fall plowing should be practiced for all the crops grown on the farm.

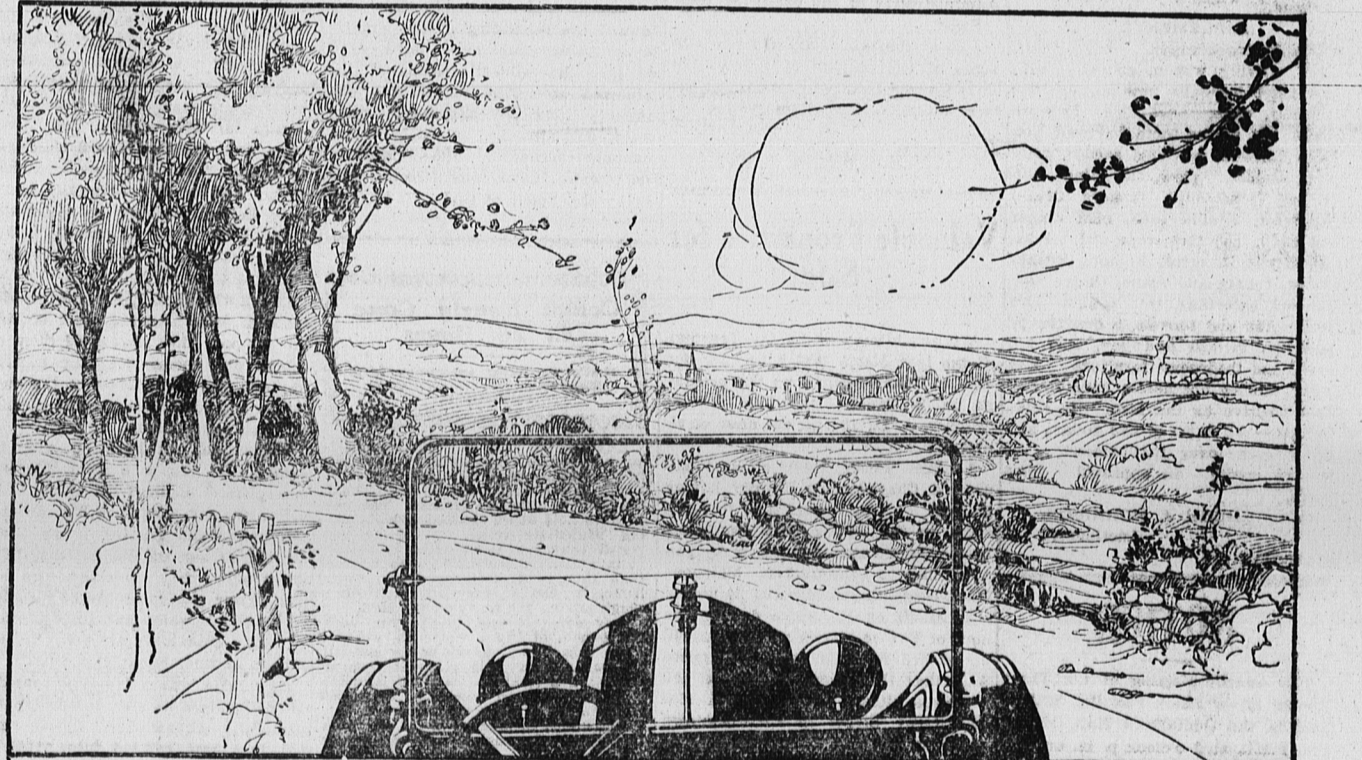
There are many advantages of plowing in the fall. It lessens the work in spring and besides helps to lessen the ravages of wireworms, cut-worms and white grubs by destroying their winter resting places. Plowing, also, by exposing a large surface of the soil to the weather causes many of these pests to be killed by the frost.

Where the land is weedy it should be plowed fairly shallow as soon as the crop has been taken off and then disced or harrowed. As soon as the weeds have started to come up the land should be cultivated with a broad-pointed cultivator and then harrowed. Last thing in the fall the land should be ridged up if at all possible.

Haul out all the barnyard manure possible this fall and winter. Manure is never so valuable as when it is fresh made. Unless the land is very sloping there will be little danger of the fertilizing elements that the manure contains being washed away.

When it is intended to give a heavy dressing of manure for such crops as corn or roots it is especially desirable to apply the manure in the fall so that it will be partly rotted at least before the crop is put in in the spring. Do not haul the manure and leave it in piles over the field. Spread it direct from the wagon.

Much of our land is becoming acid. (Continued on page eleven.)



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