THE MAGAZINE GUARDIAN

Teachers, Parents, Pupils, Farmers, Dairymen, Horsemen

TO THE FARMER

Contributors are asked to have their articles at this office early each week, as only a short emergency item can be handled as late as one p. m. Wednesday. All received after that hour cannot appear until the following week.

Farmers and others interested are invited to contribute to The Farm, The Dairy, The Turf, and Good Roads Departments of The Guardian either by question, correspondence or otherwise. Answers will be given by experts to all questions of general interest and space will be given to any article that will in any way help to advance Prince Edward Island interests.

THE SCHOOL AND THE HOME

SOME COOKING HINTS.

TO MAKE GRAHAM CRACKERS

Two cups granulated sugar, 1 cup shortening, grated nutmeg to taste, mix well. Then add 3-4 teaspoon of soda dissolved in 1-2 cup of sour milk. Stir in half graham and half wheat flour until stiff enough to handle, using wheat flour on the kneading board. Mold soft, bake in quick oven.

Another Rule: 1 3-4 cup of sugar, 1 cup shortening, 1 cup sweet milk, 1 teaspoon salt, 1-2 teaspoon baking powder, graham flour to make stiff dough. Roll very thin and bake quickly.

White Cake

Use one cup sugar and one-half cup shortening creamed, add one cup sweet milk, a pinch of sault and flavoring, add two cups of flour with two teaspoons baking powder, then add the well-beaten whites of the four eggs and beat well. a try cake, as it may need more flour. This makes a fine cake, but be sure to cream it well and beat well after the beaten whites are added.

When making boiled frosting, add a pinch of cream of tartar to the beaten white of egg, and let sugar boil until it threads and makes soft ball when dropped in cold water. For a fudge frosting use one cup sugar (using one-half cup brown is better), two tablespoons cocoa and five tablespoons milk or cream, boil three minutes, until it makes a very soft ball in cold water, and beat, but be sure to turn on cake before it starts to set. For the orange sponge cake use the white of one egg well beaten, the juice of one orange and thicken with pulverized sugar.

HOT WEATHER MEALS.

Much of the family health and comfort these sultry, work-filled days depend on the women of the household. Foods that give energy and satisfy appetite with the least production of heat, should rule all meals. There should be less meat, lighter sauces, and more vegetables, fruits and acids than in the near-zero weather.

Every year thousands of people die during the hot months, most of whom could have escaped death and probably avoided illness had they eaten proper food in proper amounts.

People generally eat too much meat at all times, and in summer this error is accentuated, because at that time most people would be vastly better off with almost no meat in the diet. In some families people have long been accustomed to at least three meatless days each week during the summer months, and often more than that, not in the interest of conservation of food, but for the conservation of health. There is an old and deep-seated idea that meat is very "strengthening," but actual tests have proved just the contary to be true. The main desire of most people in hot weather is to "keep cool," and they eat and drink, particularly drink, to this end. Meat defeats this at the start, for it is a great heat producer. Neather should a steady fish diet be adopted, for fish in excess produces too much acid, and its digestion tends to form uric acid. Nature gives very plain hints as to the bulk of a proper summer diet, adding to it sufficient fish and meat to give variety and avoid a feeling of deprivtion. Fruit and vegetables, eggs and milk, are the mainstay of proper summer food.

COOL DRINKS FOR HOT DAYS.

There is nothing that will put new life into a person on a hot or sultry day as quickly as something cool and refreshing to drink. Many cool, refreshing beverages can be made from fruit juices. These can be safely enjoyed on the hottest of days by those who work in the heat or who are very warm and there will not be the same danger as when partaking of ice water. They also have medicinal properties which make them beneficial from the health standpoint.

Besides these there are several of the old standbys, which are not harmful. These are lemonade, orangeade iced tea and coffee, and the old-fashioned harvest drinks such as "oatmeal water."

When fresh fruit juices form the basis of the drink, it is only necessary to press the juice from the ripe fruit This can be done quickly if the fruit has stood for two or three hours with sugar sprinkled over it. Mash gently so the juices will flow easily. Often some crushed fruit with the juice is added to the chilled water until it is pleasant to taste. It may be necessary to add more sugar.

The juices from canned fruits and jellies can also be used. This is done by adding enough of the fruit juice or jelly to chilled water until the flavor is strong enough. Sugar, lemon or orange juice can often be added to advantage. This is an ideal way of using left-over jellies.

AN ICELESS REFRIGERATOR

The question of taking ice has become a real problem with more than one Toronto housewife. Some have attempted a solution by not taking ice at all this summer but this has not solved the problem of rancid butter and spoiled meats. But the kitchen need not lack a cooler just because ice is high. A device, commonly called an "iceless refrigerator," is based on the principle of evaporation. A frame holding shelves for food is entirely covered with cotton or duck. The upper part of this cloth touches the water in a pan, and the water soaks though the entire cover. As it spreads, it evaporates or is taken up by the air. Constant evaporation lowers the temperature within the "refrigerator" ten or fifteen degrees below that of the surrounding atmosphere.

Separate dishes of food can be cooled in the same way. For instance, butter can be kept hard in hot weather without ice by setting the dish under a cloth, the ends of which are placed in a pan of water. In the same way, evaporation will lower the temperature enough to keep milk sweet on a hot day. Some housewives simply wet the cloth in water where it acts exactly like a wick.

CAN YOUR 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 of 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 food 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.

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

Add salt and pepper. (About a teaspoonful of salt and 1-8 teaspoonful of pepper.)

Fill to within ¾ 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 2¼ hours.

For quart jars boil 3½ hours.

For the balance of the chicken place in kettles and boil till the meat will strip free from the bones.

Strip off all meat and pack in jar.

Pour thereon 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 1¾ hours.

For quarts 2¼ 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 air-tight.

During the cooking of the product place the glass top 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 this 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 just as 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 many detract from the appearance and effect 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.

With milk weighed every tenth day and a composite sample tested once a month, the actual yield of each cow for her full period of lactation can be found with but little trouble.

Because of the shortage of sugar and the uncertain length of the war, increased honey production has been suggested by the Ohio Experimental Station as an emergency measure.

The food materials in legume vegetables, peas, beans, and lentils, makes them, at present prices, cheap substitutes for both meat and potatoes. Study a variety of dishes to be made from dried peas and beans.

POULTRY

WEED OUT THE MALE BIRDS.

(Experimental Farms Note.)

The worker bees put their house in order by killing off all the male bees as soon as their services are no longer required. What a great benefit it would be to the poultry producer and the poultry product consumer if the hens of the flock would likewise dispose of the male birds in those flocks that are indifferently managed. The worker bee permits no star boarder to loaf around and consume the product of her labour. The hens is not like the bee in asserting her rights, If she were, then her verdict would be, "Rooster you must die."

There are over two million five hundred thousand roosters of the various breeds of chickens kept for breeding purposes by the people of our country. Of this vast army perhaps one hundred enough as individuals and in breeding and fifty thousand have a right to live for another year of service. One hundred and fifty thousand may be good enough as individuals and in breeding to be used in the increase of their kind. What of the two million three hundred and fifty thousand that are usually permitted to live, birds that consume feed, worry the hens and reduce the quality of market eggs?

The function of the rooster is to develop and distribute germ cells, during a short period of three months, February, March and April. These germ cells should be distributed only to such egg-laying individuals as are desired to perpetuate the breed. The germ cell is a living organism capable of starting a chain of development and here is where the mischief lies if they are distributed where they do not receive their proper function in race perpetuation.

The function of the modern hen is to produce eggs, ten per cent. of which may be desired for the increase of the breed and the remaining ninety per cent for human food. Nine eggs are used for human food where but one is used for hatching. Only one-tenth of the eggs that a hen lays require fertiliation. Why fertilize the nine-tenths of the product that is used for human food? The addition of a living germ cell to an egg that is produced for human food does not add anything to its value and may set up a chain of embryo development that will make the egg quite unfit for human food.

Eggs gathered from flocks where the roosters are permitted to run after the hatching season is over, are not desirable for storage. They are not desirable in the pantry during periods of warm weather as high temperatures will start incubation. Eggs in the first stage of decay are not desirable for human food.

It is an easy matter to prevent the fertilization of eggs. If the male bird is just an ordinary one an axe and a block of wood will prevent further mischief. If the male bird is possessed of such merit as would warrant his being boarded for a year to be used in the next seasons breeding operations, then give him an enclosure of his own and see that he stays in it.

The cost of the feed consumed by an ordinary rooster is about twenty cents per month. Can you afford it? If you keep poultry with profit as your object, can you afford to keep a star boarder for nine months and perhaps have him doing mischief all fifty thousand odd, unnecessary male the time?

The two million, three hundred and fifty birds are costing the country about three and a half million dollars per year while enjoying life. These unnecessary birds are at the same time doing about ten million dollars damage to the egg-producing business. If every person owning a rooster would manage him as a male bird should be managed, the poultry industry would be benefitted by additional profits many million of dollars.

PRESERVE EGGS NOW.

(Experimental Farms Note.)

The indications are that eggs will be dear next winter, dearer than they were last winter so those who want eggs had better put some down while they are comparatively cheap. Do not use oats, bran, salt or such mediums; moreover, the patent preservatives usually advertised as being so simple and effective had better be adopted with caution. Better use something that has been tried and found satisfactory.

According to Dr. Frank T. Shutt, Dominion Chemist, lime water is one of the best preservatives and we quote the following from his Exhibition Circular No. 42.

The method of preparation is simply to slake one pound good quick lime with a small quantity of water and then stir the milk of lime so formed into five gallons of water. After the mixture has been kept well stirred for a few hours it is allowed to settle. The supernatant liquid, which is now "saturated" limewater. is drawn off and poured over the eggs, previously placed in a crock or water tight barrel.

As exposure to the air tends to precipitate the lime (as carbonate), and thus to weaken the solution, the vessel conaining the eggs should be kept covered. The air may be excluded by a covering of sweet oil, or by sacking upon which a paste of lime is spread. If, after a time there is any noticeable precipitation of the lime the lime-water should be drawn or siphoned off and replaced with a further quantity newly prepared.

GENERAL PRECAUTIONS NECESSARY TO TAKE.

It is essential that attention be paid to the following points:—

1. That perfectly fresh eggs only be used.

2 That the eggs should throughout the whole period of preservation be completely immersed.

Although not necessary to the preservation of the eggs in a sound condition a temperature of 40F. to 45F. will no doubt materially assist to words retaining good flavour or rather in arresting that "stale" flavour so often characteristic of packed eggs.

Respecting the addition of salt, it must be stated that our experiments —conducted now throughout fifteen seasons—do not show any benefit to be derived therefrom; indeed, salt frequently imparts a limey flavour to the egg, probably by inducing an interchange of the fluids within and without the egg. Our advice is, do not add any salt to the lime-water.

SEASONABLE HINTS.

Because you have your "stock" chickens all hatched that does not mean that you should stop. Remember the shortage of meat and Hatch! hatch! hatch!

Ducks make rapid growth and the late hatched ones do well provided they are given plenty of shade.

Geese also grow rapidly and they are the cheapest raised of all the fowl.

Keep a sharp lookout for foxes, skunks, hawks, crows, and all other furred or feathered enemies of the young chicks. Don't even he too trusting with the family cat. "Scarecrows" are useful and may be made of cloth streamers or bits of tin or glass dangling from poles or strings stretched across the poultry yards. Traps all four footed marauders and knock them on the head or shoot them.

Get rid of all your surplus Leghorn cockerels as soon as they reach broiler age— about a pound and a quarter to a pound and a half makes good broilers.

SHEEP

PROTECTION FOR SHEEP OWNERS.

An act was passed at the last session of the Manitoba legislative designed to protect sheep from the ravage of dogs. It provides that any person may kill any dog which he sees pursuing or wounding any sheep. The owner or occupant of a farm, or his servant, or any member of his family, may kill any dog, found without lawful permission giving tongue and terrifying the sheep in any way. It will also be lawful to kill any dog which may be found straying between sunset and sunrise on any farm on which sheep are kept.

The new law also provides that any person who is the owner of a dog which has within six months previous worried or injured or destroyed any sheep, may be brought before a police magistrate on a complaint made in writing, and, in case of conviction, the police magistrate may make an order for the killing of the dog by the owner. In the event of such an order of the dog by a constable of any other days, and, in default the magistrate may impose a penalty upon the owner not exceeding $20 and costs, and make a further order for the killing of the dog by a constable or any othed peace officer. Such conviction will not act as a bar to any action by the owner or possessor of any sheep for the recovery of damages for injury done to the sheep.

The owner of sheep killed or injured by dogs shall be entitled to recover damages not exceeding $50 from the owner of the dog by an action for damages before a police magistrate. The procedure in cases of this kind will be as nearly as possible in the manner provided by " The Small Debts Recovery Act." All the provisions of the latter act will be made applicable to proceedings under this act for the recovery of damages.

The act further provides that where the owner of sheep killed or injured is unable, after securing conviction before the police magistrate, to collect or realize the amount ordered to be paid, the council of the municipality in which the offender resided at the time of the injury must pay to the owner of the sheep two-thirds of the amount ordered to be paid by the police magistrate.

The council of every rural municipality, town or village, may at the first meeting in each year appoint one or more persons to be known as sheep valuers, whose duty it will be to inspect the injury done to sheep by dogs in cases where the owner of the dog or dogs committing the injury cannot be found. The owner of sheep killed or injured by dogs, the owners of which is known, may within three months after the killing or injury apply to the council of the municipality for compensation of the injury. If the council is satisfied that he has made diligent search and enquiry to ascertain the owner or keeper of the dog and that he cannot be found, they shall award to the aggrieved party for compensation a sum not exceeding two-thirds of the amount of damage sustained by him, according to the report of the sheep valuer, and the treasurer of the municipality shall pay the amount so awarded.

WONDERFUL STUFF! GEE! YOU'LL LIKE IT

Apply a few drops then lift corns or calluses off with fingers—no pain.

No humbug! Any corn whether hard, soft or between the toes, will loosen right up and lift out, without a partical of pain or soreness.

This drug is called freezone and is a compound of ether discovered by a Cincinnati man.

Ask at any drug store for a quarter ounce of freezone, which will cost but a trifle, but is sufficient to rid one's feet of every corn or callus.

Put a few drops directly upon any tender, aching corn or callus. Instantly the soreness disappears and shortly the corn or callus will loosen and can be lifted off with the fingers.

This drug freezone doesn't eat out the corns or calluses but shrivels them without even irritating the surrounding skin.

Just think! No pain at all; no soreness or smarting when applying it or afterwards. Try a little and see for yourself.

TURF

ENTRIES FOR NEW ANNAN RACES

FREE FOR ALL TROT AND PACE

Orwell Belle, Ellis Pharmacy, Montague.

Dulholme, Hammond Kelly, Southport.

Devilish Dorothy, Dr. J.T. Jenkins, Charlottetown.

Lester Pat, H. R. Crockett, Summerside.

Miss Alcyone, Wm. H. Carew, Runter River.

British Soldier, W. S. McKie, Charlottetown.

Helen R. McKinnon Drug, Charlottetown.

2.25 TROT AND PACE

Queen Catherine, Gavin Harding, Graham's Road.

Princess Etta, E. W. Morrison, Summerside.

Casey Cresceus, Daniel Steele, Summerside.

Keltie, John McPhail, Freetown.

Dixie Girl, M. E. Henderson, Halifax, N. S.

Brenton H., H. Hooper, Charlottetown.

Dusty Miller, George B. Woodside, Clinton.

2.38 TROT AND PACE

Commodore Grant, George Martin, New Perth.

Moth Miller, H. Hooper, Charlottetown.

Shrubb, James O'Brien, Elmsdale.

Myra Wonders, Daniel Steele, Summerside.

Hattie, Dr. Kier, Alberton.

High Born Lady, Harry O'Brien, Alberton.

Poney Boy, B. W. McArthur, Kensington.

Admiral, Dr. J. T. Jenkins, Charlottetown.

Winnie N. James Arbing, Charlottetown.

AMONG THE HORSES

Cox the great New England "teamster" almost landed both of the big stakes at Detroit.

He won the M. and M. $10,000 purse with Busy's Lassie 2.06¼ and second with The Savoy 2.02½ in the B. of C. $5000 purse.

The Board of Commence stake was one of the best races seen on the grand Circuit for years. Adeoo Guy, 2.03¼ won the first heat in 2.03¼, finishing the last quarter in 29½ seconds, but Ben Ali 2.03½ won the second and final two heats after losing the third and fourth heats to the Savoy 2.02½. There were twelve starters.

Island horsemen are very much interested in the welfare of two former Maritime race horses, now taking part on the grand circuit. Mayor Todd 2.15½ has not to date met with any such success like that which he was used to around here, he having finished away back in his first two starts, the last time getting the flag in 2.09½. But Todd probably hasn't begun yet and if he has any of his great speed of the past year, there will be no horse on the "racing ground" able to beat him, in less than 2.07.

A game of chance 2.05½, is the other Maritime star, that is making good, having raced second in his two starts. The horse papers like his speed and way of going and predict a very low reason, for him before the season close.

Mr. Hugh F. Morrison, Kensington, had the great misfortune of having his fast pacer the Abegweit 2.19¾ badly kicked recently, which will keep him out of the races for some time. Abbie was training in grand shape and almost close to 2.16 was was predicted for him to fall.

Two trotters, closely related to some of your Island horses, that are racing in top form this year are the big San Francis Co. 2.07½ stallion, Lu Princeton, 2.07½, and Princeton Worthy, 2.14½, both out of Princeton, 2.19¾ mares: Island owned Princeton mares, should make good. Brood mares if properly mated.

SUNDAY SCHOOL LESSON

AUG. 19—FINDING THE BOOK OF THE LAW

Golden Text:—I will not forget thy Word. Ps. 119: 16.

Lesson:—2 Chon. 34: 14-19, 29-33. Commit v';31.

Connecting Link:—While repairing the Temple there was found in the rubbish an ancient roll. Hilkiah the high priest at once recognized it as the Book of the Law, probably a copy of the Pentateuch, although it could not have been then in form in which we now have it.

CRITICISM AND EXPLANATION.

Vs. 14, 15. They:—v. 12). Money:—For repairs. Brought into:—Placed in the Temple treasury. A book:—Rather The Book, a parchment roll. Moses: The author of the Pentateuch. Scribe:—Private secretary of the high priest; a scribe was also teacher of the Law.

Vs. 16, 17. Word:—A report of the work in hand. Gathered:—Emptying it out of the chest (See 24: 8-12). Delivered:—To be paid out to the workmen as wages.

Vs. 18, 19. Told the king:—Having finished his report, he now refers to the Book which has been found. Read it:—Carefully, so that Josiah could grasp its full meaning. Heard:—Very attentive and reverent. Rent His clothes:— Expression of grief, alarm and pentience.

In verses 20-28 we learn that Josiah traces the troubles of the people to disobedience. Through some prophet he finds that judgments are promised against sin.

Vs. 29-31. Then:—Prompt action, as befitting the case. Elders:—Representing the nation. All the men:—The king heads the solemn procession to the Temple. Read:—Or caused to be read. Place:—As king and religious leader. Covenant:—Including himself and his people through elders and priests. To perform:—It was a movement for action and progress and was carried out with genuine sincerity and earnestness.

Vs. 32, 33. Caused:—By command and by his own example and faith. To stand:—Committing them by this outward pledge. Did:—The people agreed to all the king asked. Took away:—To be burned (See Deut. 7:5) Abominations:—Everything connected with idol worship. Serve:—Both a result of worship, and a help to better worship. Days:—The abiding influence of a godly man.

PURPOSE AND POWER OF GOD'S WORD.

(1) Providential preservation of the Bible, v. 14.
(2) Holy and heavenly character of the Bible, v. 15.
(3) God's house and home of the Bible, vs. 16, 17.
(4) Power of the Bible on heart and conscience, 18, 19.
(5) The Bible is a message for all the people, vs. 29, 30.
(6) The Bible is a book to be obeyed by rulers and leaders, vs. 31, 32.
(7) An honored Bible brings purity, peace and prosperity, v. 33.

PRACTICAL THOUGHTS.

(1) Man may lose the Bible (a) by neglect and indifference; (b) by doubt and unbelief; (c) by whittling process and a so-called "higher criticism" (d) by disobedience; (e) by accepting it only as human production; (f) by prejudice, which makes one misinterpret and misapply the truth. (2) Man may find the Bible (a) in the performance of duty; (b) by reverent and earnest search; (c) by obedience and a godly life; (d) by favoring providences) (e) life experiences and trials; (f) by fellowship and work with Christians; (g) by the teaching and and power of the Holy Spirit. (3) The mighty influence of a single soul committed to the right. (4) God's Book, God's House, God's Day, God's People and God's Holy Spirit are the five great forces for that conquest of the world for Christ.

The First Line of Defense

Pure blood is the body's first line defense against disease. Strong, healthy blood neutralizes the poisons of invading germs, or destroy the germs themselves. That is why many people exposed to disease do not contract it. Those whose blood is weak and watery and therefore lacking in defensive power are most liable to infection. Every body may observe that healthy red blooded people are less liable to colds and the grippe, than pale, bloodless people. It is the bloodless people who tire easily, who are short of breath at slight exertion, who have poor appetites, and who wake up in the morning as tired as when they went to bed. While women and girls cheifly suffer from bloodlessness the trouble also effects boys and men. It simply affects girls and women to a greater extent because there is a greater demand upon their blood supply

To renew and build up the blood there is no remedy can equal Dr. Williams' Pink Pills. They tone up the entire system, make the blood rich and red, feed and strengthen starving nerves, increase the appetite, put color in the cheeks, give refreshing sleep and drive away the unnatural tired feeling. Plenty of sunlight and wholesome food will do the rest.

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 The Dr. Williams Medicine Co., Brockville, Ont.

Cholera Infantum

Cholera Infantum is one of the fatal ailments of childhood. It is a trouble that comes, on suddenly, especially during the summer months and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded stomach complaints. concerning them Mrs. Fred Rose, South Bay, Ont., says: "I feel Baby's Own Tablets saved the life of our baby when she had cholera infantum and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams Medicine Co., Brockville, Ont.