

MAGAZINE

GUARDIAN



SCHOOL AND HOME

SIMPLE SANDWICHES

The popularity of the sandwich is no longer confined to the picnic season. Its vogue at present is due to the struggle for simplified meals which are a boon to the overworked housewife and to much-abused digestive organs. It is the substantial sandwich suitable for luncheon or supper that I want to tell you of here.

Of these, perhaps the meat sandwiches lead. They are made of cold boiled or baked ham, roast beef, veal chicken or tongue. They may be varied in a number of ways, from the plain mustard and sliced meat of your childhood to something more inviting by chopping or grinding the meat and combining with parsley, celery, sweet pepper or onion, and moistening with a salad dressing.

Remnants of two meats may often be mixed with good results. Scraps of left-over vegetables give a delightful flavor to most fillings. Cold fried calves' liver makes delicious sandwiches. Chop very fine, season rather highly, add minced onion, a hard boiled egg and dressing enough to spread easily. Serve with lettuce-leaves between thin slices of rye bread and butter.

Egg and Vegetable Fillings.

Another rye-bread sandwich which is extra good served with baked beans consists of hot crisp bacon and very thin, freshly made toast. Pressed or jellied meats make pleasing fillings, and often the cheaper cuts of meat can be utilized in this manner with as much success and flavor as the more expensive portions. The cheaper cuts of steak, fried to give the "brown" flavor, ground and seasoned are very nourishing and palatable.

Next in importance for meal sandwiches are eggs. The common lunch-wagon variety, fried on both sides and served with minced onion, are good when hot. But a better method for home consumption is to scramble the eggs in butter or bacon drippings, allowing one tablespoonful of milk to each egg. Season and cook over a moderate blaze, stirring constantly until creamy. Spread between brown or white bread and serve hot. A bit of finely chopped ham, bacon, or onion adds material to this sandwich.

Hard-boiled eggs may be combined with finely chopped sweet pepper, seasoned and moistened with mayonnaise. These are extremely good if the eggs are boiled half an hour, they will mash easily with a fork or may be put through a potato ricer. Celery or olives could be substituted for the pepper.

Cheese in a New Guise

In fact, hard-boiled eggs combine with almost any of the green vegetables: string beans (cooked, of course) and cucumbers, either pickled or fresh beets, etc., are especially tasteful. Left over vegetables should be made into salads—then spread abundantly between thin bread and butter.

Sandwiches of this sort should be eaten after spreading, as they are juicy and become soggy if they stand too long. Sweet corn, well cooked, chopped sweet peppers, and a hard-boiled egg make a sandwich that is delightful.

"Tiz" For Aching, Sore, Tired Feet

Use "Tiz" for tender, puffed-up, burning, calloused feet and corns



People who are forced to stand on their feet all day know what sore, tender, sweaty, burning, feet mean. They use "Tiz" and "Tiz" cures their feet right up. It keeps feet in perfect condition. "Tiz" is the only remedy in the world that draws out all the poisonous exudations, which puff up the feet and cause tender, sore, tired, aching feet. It instantly stops the pains in corns, callouses and bunions. It's simply glorious. Ah! how comfortable your feet feel after using "Tiz." You'll never limp or draw up your face in pain. Your shoes won't tighten and hurt your feet.

Get a 25-cent box of "Tiz" now from any druggist. Just think! A whole year's foot comfort for only 25 cents. No humbug!

There are a number of ways in which cheese can be introduced as a filler for folk who like it. Crumble one hard-boiled egg and rub smooth with one tablespoonful of melted butter. Add salt, pepper and a dash of mustard. Mix with one-fourth of a pound of grated cheese and add about one tablespoonful of vinegar, enough for the desired thickness. This filler may be used with either crackers or brown or white bread and is quickly made.

Then there is "Glorified Rabbit" that is splendid on toast, a rarebit sandwich. Melt one tablespoonful of butter, add one-half cupful of cream, of grated cheese and the same amount of potted ham. This is a most delicious filling.

Nuts as Sandwich Fillers

Nuts in a great variety of combinations make nutritious fillers. Peanuts are perhaps the favorites for ordinary use. Chop very fine, or preferably using a grinder, running them through several times to secure an oily paste. A scant cupful of the shelled nuts make a small jar of the paste. Mix well with a tablespoonful of olive oil or melted butter, a dash of red pepper and a little salt. This is expensive than the ready-made peanut butter, is equally as good and will keep a week in a cool place. English walnuts chopped with celery or olives make nice sandwich, pecans and well-cooked prunes chopped and mixed with a good salad dressing have a novel flavor and make a satisfying meal with milk as a beverage.

If one habitually makes use of left-overs for sandwich fillers, it is a wise plan to keep mayonnaise on hand. There are a good many recipes for dressing of this kind; but here are two that are guaranteed to keep indefinitely in a cool place. Beat thoroughly the yolks of three eggs. Add one tablespoonful of sugar, one tablespoonful of vinegar, juice of three lemons, salt and red pepper to taste. Cook until creamy, stirring constantly. This dressing is best with nuts, hard-boiled eggs and fruit combinations.

Another Dressing for Sandwiches

A better one for the meats and vegetables is made as follows: Rub one tablespoonful of flour with three tablespoonfuls of butter, one teaspoonful of mustard, a little salt and pepper. Add this to the well beaten yolks of three eggs and half cupful of vinegar. Let it boil up once and cook in a double boiler one-half hour. If too thick when ready to use, dilute with cream to the desired consistency.

One beauty about this dressing is that when eggs are scarce, you may use only one, perhaps adding a little more flour, and the dressing is still good for the sandwich fillers.

Considering the subject and the contents of your pantry, many unusual and delicious fillers will naturally occur to you. Things too little in quantity to be served by themselves often spread a number of sandwiches, giving you several different kinds perhaps, and the variety to a table that the modern appetite craves.

There are numerous sweet sandwiches which often do very well as a finish to the meal, but they are better adopted to pink teas than to the hungry man's supper.

It is remarkable how quickly a sandwich meal may be put together, if the dressing has been already prepared. If one is in a hurry, vinegar alone, seasoned with pepper, salt and mustard, gives the desired piquant flavor to a meat or salad sandwich. The hot-fillers may be made in the chafing dish and served at once. The others are spread in advance and served alone or with a simple vegetable or pudding.

MAKING THE BLANKETS WEAR.

Good blankets, nowadays, are valuable enough to deserve great care so that they may last long and wear well. The writer has two pairs which have been in use for thirty years and are still in a good state of preservation.

The first consideration is to keep them from needing laundering as long as possible, for it must be remembered that, having once been washed, they will need a repetition of the process at regular intervals. When in use they should always be protected by a sheet beneath and a spread above. In making the bed the sheet should be so placed that nine inches of its surplus length is left at head of the bed. After the blankets are adjusted, this surplus should be smoothly turned back over them, then the spread put on high enough to hold the fold in place. The blankets should be turned from time to time so that both ends and both surfaces may receive equal wear.

When at last laundering is needed, a hot, sunny day should be chosen, if stationary tubs are available, these are great helps and a bathtub is next best, because the water may be drained from it without disturbing its contents.

A boiler full of hot water should be at hand and in the very hot water in the tub enough good soap-flakes should be dissolved to make a strong lather. In this the unfolded blankets should be quickly submerged, then panned and stirred about with a smooth stick—a baseball bat is excellent. All movements should be gentle enough to keep from dragging the heavy fabric out of shape.

If there are spots or stains, these should be carefully rubbed out between the hands as soon as the water cools sufficiently to be borne. Never use a wash-board for this purpose. Then draw out the stopper and let the water run out. Rinse twice in plenty of clear, very hot water, and in the third—and last—rinse water, dissolve a little of the soap flakes and continue the stirring process till the water has cooled a little. If should still be quite hot. As soon as this is drained off lift the blankets into a clean clothes-basket and hang one on clothesline middle of the blanket follows the line in hot sunshine. Hang so the exact width all edges even, and if props are used, adjust them so as not to disturb shape of blanket. If it dries in scallops it is hard to get back into shape. Use a separate line for each double blanket, being careful not to crowd them. When partly dry, turn so under surface will be exposed. By sunset they should be dry enough to fold and carry indoors, but they should hang out at least another day, when they will be as soft and fluffy as new.

When thoroughly dry, each pair of blankets should be folded and slipped into a strong cotton bag—the large flour bags answer a good purpose here—tied securely shut, and marked with lead pencil: "Yellow bordered blankets," or "pink" or "blue." There need be no fear of moths if this plan is followed, unless the bagging is delayed until moth flies have had access to the clean wool.

When the blankets are taken out, the slips can be washed and put away for future use. If quilts or cotton comfortables must be laundered the same process may be followed, except that lukewarm water is substituted for hot, and if there is danger of fading the cottons, dry in the shade or mild sunshine.

DAIRY

BITTERNESS IN CREAM

Bitterness in cream and milk is a frequent trouble during the winter months. If the milk is bitter when it is drawn, the trouble is with the cow or her feed. Very often cows give bitter milk toward the close of their lactation period. The old dry weeds of winter pasture also give rise to a bitter flavor in milk. The remedy in this case is to keep the cow from such pastures.

However, if bitterness develops after the milk is drawn, which is most often the case in winter, it is due to the growth in it of certain varieties of bacteria. These bacteria get into milk usually from pieces of dirt or manure from the barn. At low temperature they will develop a bitter flavor before the milk or cream sours. When the dairy is once infested with such bacteria they may remain in the separator, pails, strainers or cooling tank for a long time. To prevent bitterness due to this cause, these bacteria must be eliminated. This means that all utensils, separator parts, strainers and cooling tank must be thoroughly washed and scalded. All dirt should be kept out of the pail at milking time by keeping the can clean and using a pail with a small opening.

While making such a clean-up the trouble might be prevented by adding some sour milk to the cream as soon as separated and keeping it in a warm place until the hatch is sour. Then it can be cooled and kept till churning time. Sour cream seldom turns bitter unless kept several days.

PASTURE SUPPLEMENTS FOR DAIRY COWS.

(Experimental Farms Note.)

The season is now at hand when the farmer should consider how he is going to supplement the pasture for his dairy cows during the coming dry season for we have no guarantee that the present rainy weather will continue. Furthermore, it is a well known fact that cows which are allowed to go down in their milk flow for lack of supplementary feeding at the right time, are hard to get back to their maximum production again, and subsequent feeding does not give as high a return.

The farmer who has on hand a surplus of corn silage which he can carry over for mid-summer feeding has the problem well solved, for there is no better or more economical feed to be had. Unfortunately, owing to the poor crop and poor harvesting weather last year, very few will find

themselves with a surplus of ensilage, but this misfortune should not deter them from preparing for an equal if not greater acreage of corn this year so as to have a surplus for next.

Of the annual crops which can be grown and cut and fed green thus taking the place of ensilage, probably a mixture of peas, 1 part and oats 1 1/2 parts, sown at the rate of 2 1/2 bushels per acre is one of the best. This could be improved by the addition of vetches if the seed were obtainable and not too expensive. A small piece of land near the barn should be used, a strip being sown as early as possible and another some three weeks later so that fresh green feed may be coming on at all times. Red Clover sown at the rate of ten pounds per acre with the above would give early green feed for the following year. A good crop to be sown two or three weeks after the second seeding of oats is common millet. This is a hot weather crop and would be ready to feed off when the oats were finished. A strip of early forage corn would then come in nicely and carry the cows over on to the aftergrass, late corn and stable feeding.

If desired the above scheme can be extended by sowing fall rye where the first crop of oats was taken off. This would provide the very earliest form of green feed for the next spring, which in turn would be followed by the previously mentioned clover, peas and oats, corn, etc., the corn being sown where the rye was taken off thus developing a system of double cropping in regular rotation. It would, of course, be necessary to manure such a field quite frequently.

In some cases such a system of soiling crops would entail too much labor in which case probably an annual pasture crop would serve the desired purpose. Such a crop can be grown by sowing 3 bushels per acre of a mixture of equal parts of oats, barley, and wheat. This should be sown as early as possible and should be pastured when it reaches six inches in height. If a sufficient acreage is available the cows can be allowed to pasture upon this constantly, but if only a small field is available then the cows should only be allowed on for an hour or two every morning, and evening. They should be kept off altogether when the field is very wet. The grain should not be allowed to get so far advanced as to head out otherwise all bottom growth will cease.

THE DAIRY HERD AT FRESHENING TIME

The condition of the dairy cow at and after calving has a great influence on the success of her ensuing lactation period. It is important that the cow or heifer should be in good flesh at calving time, as she then has a store of energy both muscular and nervous, which will be a great aid to her during the lactation period. It is also a well established fact that the more flesh a cow is carrying at freshening time the higher the percentage of fat in her milk. Thus it will be seen that it is very important that she be well fed for a period before freshening. To have her in the best shape it is advisable that she should be dry for a short period each year; about six weeks is sufficient if she is being well fed.

As calving time approaches she should be fed almost the same as the milking herd with a supply of laxative meal such as bran, oil cake, roots, etc., increasing the bran as she nears the freshening day and decreasing the heavier meal. If the cow is on good pasture practically no extra feed will be required before she freshens. One of the chief causes for garget and inflamed udder, in dairy cows, is due to faulty feeding at this period. When fed the same heavy ration as the milking cows, udder trouble is sure to result. This can be prevented by feeding more laxative food such as wheat, bran and oil cake. A dose of one and a half pounds of Epsom salts and one ounce of ginger should be given before calving. This will put the cow in the best of calving condition. It is always better to have the cow freshen in a box stall, as she has much more freedom and room than if tied in a narrow stall. The calf should be left with the cow for a day or two, as this tends to remove any inflammation from the cow's udder, and start the calf off to the best advantage. The cow should not be milked out dry for the first four days, as there is always a danger of milk fever setting in. If the afterbirth is retained it should be removed by a competent person within 48 hours after calving. Although this is a simple operation, it should be done carefully and thoroughly, so as to prevent bleeding and to entirely remove all particles from the extreme forward part of the uterus. After the afterbirth is removed, the uterus should be flushed out with a solution of boracic acid and water or oxalic acid solution.

POULTRY

THE NEW POULTRY HOUSE

Select a location that has natural drainage away from the building. A dry, porous soil, such as sand or gravelly loam, is preferable to clay soil.

In most localities the building should face south, which insures the most sunlight throughout the year. Allow about 3 square feet of floor space per bird. Proper ventilation and sunlight mean a dry house and healthy birds.

INCUBATOR AXIOMS

Follow the manufacturer's directions in setting up and operating the incubator.

See that the incubator is running steadily at the desired temperature before filling with eggs.

Do not add fresh eggs to a tray containing eggs which are undergoing incubation.

Turn the eggs twice daily from the second to the nineteenth day.

Cool the eggs daily from the seventh to the nineteenth day. When cooling the eggs, be careful not to chill them.

Turn the eggs before caring for the lamps. Keep the lamp wick clean.

Attend to the machine carefully at regular hours.

Test the eggs on the seventh and the fourteenth days.

Do not open the machine after the eighteenth day until the chickens are hatched.

R. O. P. POULTRY

Gradually poultry breeding is becoming more like live stock breeding. It will not be many years until every buyer of a cockerel to be used in the breeding yard will insist on knowing the sire and dam of the cockerel before he buys the bird. The buyer will also want to know how many eggs the dam of the cockerel produced, and how many eggs were produced by the dam of the sire of the cockerel he is buying. Right now many buyers—some of them farmers, too—are demanding to know what's back of the birds they contemplate purchasing before laying down any money. The day of the scrub rooster in the farm flock has just about passed.

TREATING INFESTED CHICKEN HOUSES

The first step necessary to destroy mites is to get rid of the hiding places so far as possible. The roosts should be taken down and all unnecessary boards and boxes removed. In heavily infested houses the mites are to be found in all parts of the building, including the roost. Where they are less numerous the infestations usually are confined to the roosts and nests and the wall immediately adjacent. For small coops a hand atomizer will suffice for applying insecticides as sprays, but for larger houses a bucket pump, knapsack sprayer, or barrel is desirable. A rather coarse spray should be applied from all angles and thoroughly driven into the cracks. The floor also should be treated, as many mites fall to the floor when the roosts are being removed.

SELECTION OF EGGS FOR HATCHING

Set only good sized eggs, uniform in size.

Set only good shaped eggs, uniform in color.

This all you can do with a little care in selection.

It is worth while as eggs of good size, color and shape and uniform are a marketable product at higher prices than small eggs varying in color and all shapes.

Eggs weighing less than two ounces should not be used for hatching. The large sized eggs hatch a larger chick.

This larger chick grows faster than the smaller chick.

This larger chick will be marketable as a broiler sooner.

This large chick matures younger.

This larger chick begins laying sooner than the smaller chick.

The income is received, sooner and they are more profitable.

These facts apply to all breeds. The comparisons are made between small and large chicks in the same breed. Careful selection of eggs for hatching pays. Don't neglect it.—H. W. S.

POULTRY PRODUCTION THROUGHOUT CANADA

"There is absolutely no reason, provided we organize ourselves properly, provided you men as leaders, as investigators, as business managers of this industry will get together and formulate plans, lay out such schemes and come to some understanding, there is no reason I say why this industry may not be tremendously developed." This was part of the address of welcome given by Dr. J. H. Gris-

dale, Acting Deputy Minister of the Federal Department of Agriculture to the delegates to the First National Poultry Conference, and judging by what has transpired since that conference, Dr. Grisdale's department is ready and willing to give all possible assistance.

Two months have elapsed since Canada's poultry experts met, and passed resolutions for presentation to those in the high places, and already action has been taken and tangible results forthcoming. First and foremost mention should be made of the National Poultry Council hatched at the conference, and since given full recognition by the Federal Department of Agriculture. Steps are now being taken to organize the council and it a useful medium for the advancement of every phase of the poultry industry. At the annual meeting of the Nova Scotia Poultry Association held recently, H. H. Hull of Glace Bay was elected as the Nova Scotia Provincial Representative to act on the National Poultry Council.

In addition to this early in March the Federal Department of Agriculture despatched Mr. W. A. Brown, Chief of the Poultry Division of the Live Stock Branch, to England to attend the International Poultry Conference and report on prospects for Canada establishing there an export market for eggs and poultry. Acting on a conference resolution the Department secured a special allotment of refrigerator space for frozen poultry, which enabled our exporters to ship approximately 600,000 pounds and greatly relieve the situation in this country.

The conference urged the appointment of an Avian Pathologist and a Chemist and we have reason to believe that both positions will be filled before many weeks. These men will co-operate with the Poultry Division of the Experimental Farms.

The Egg and Poultry Markets Intelligence Service has been extended and western Canada is now enjoying the benefits accruing from up-to-the minute information, a tri-weekly service having been inaugurated with Edmonton and Winnipeg as distributing centres.

The railway companies have agreed to again extend the stop-over privilege on food products shipped by freight to cold storage points; this was asked at the conference.

Through recent action taken by the Federal Department of Agriculture, egg inspectors are available for advice and instructional purposes, and through such action the Department has opened up a way for the spreading of the gospel of standardizing of which the trade and marketing organizations are anxious to take advantage.

All the points mentioned above were embodied in resolutions passed at Canada's First National Poultry Conference. They do not by any means embrace the whole of the reformation and progression asked for, but their enumeration serves to show the willingness of the Government to assist poultry production. Those producing and marketing the product also with a duty to perform. Co-operation is what is needed, for the mutual good of all concerned. Do your bit, National Poultry Council.

FARM

THE NEGLECTED ORCHARD

A few old decayed trees around the home fitly describes the orchard of today on far too many farms. A generation ago every farm home was an apple Eden. Apples were grown everywhere and by everybody. Now it is the exception to find an orchard that has been given the care usually given to other cultivated plants. Many orchards are worn out because they have been neglected, and many are in such a state that the trees are not worth pruning and waiting for results. Insects and fungi have been allowed free scope for reproduction and increase, and have contributed much to the downfall of the average farm orchard. Plant diseases and germs are continually increasing in kinds and in individuals. The kinds increase by importation from foreign countries and because as natural food is destroyed by the destruction of wild vegetation, pests are driven to the cultivated plants. The individuals of the innumerable kinds are increasing because farm orchard areas are becoming more and more the breeding ground for disease. Disease spreads faster and pests multiply as their feeding grounds extend and are left uncaared for. The farmer with good intentions who spends time in pruning, spraying and cultivating is handicapped in his effort by his neighbor's pest propagating areas around his home.

The only attention many orchards have even received is to have all the lower branches taken off. The argument put up in favor of this treat-

ment is that "the good apples are all ways in the top of the tree anyway." But those apples in the top of the tree had more sunlight and air, and as a result they were better than the apples that grew down in the more dense part away from the sun and in sheltered places where the bugs just love to work.

Few wornout orchards have been well pruned, a condition manifested almost at every farm. Trees with unsymmetrical heads, too many branches, decaying branches, and a growth of water sprouts fill the areas that get the name of orchard. Such orchards should be pruned to correct the defects mentioned; to let in light and air; to facilitate orchard operations and increase the vigor of the trees. Have an idea in mind as to the shape of the tree desired, and prune strong growing varieties lightly, and weak growing ones severely.

Of all the places the farm home possesses the greatest opportunity for beautiful effects and profitable ornamentation is to be found in a well arranged and properly kept orchard. Judging by what is to be seen in many of the rural districts, this fact is not sufficiently appreciated. In many cases no attention is given to planting trees about the home, and as little attention to the trees that have been planned by a former generation.

Many times nature herself has given the country home and its surroundings all the main essentials of landscape beauty. With attention to some of the simple principles of ornamental planting, or that necessary for keeping a well trimmed orchard, practically any farmer can make the grounds about his home a thing of beauty, thus not only making it a better place to live in, but enhancing the market value of his property.

BEES

CONTROL OF SWARMING

(Experimental Farms note.) The measures that are needed to control swarming depend upon the intensity and duration of the dominance of the swarming impulse, which in turn depends chiefly on latitude and the date, size and duration of the honey flow or flows in spring and early summer.

In many places in southern Ontario, there is usually one well marked and rather short honey flow during this period, and it is generally comparatively easy to prevent swarming by simply expanding the brood chamber in advance of requirements, and giving good ventilation. A good practice is to let the brood nest extend into the super, and then, early in the honey flow, to confine the queen again to the brood chamber by means of a queen excluder.

In the rest of Canada, and especially in places where there is a prolonged honey flow, or two honey flows, less prevention of swarming is less easy. The plan of finding and destroying queen-cells every week throughout the swarming season is laborious and not always effective. A better plan is to remove the queen at the beginning of the surplus honey flow and destroy all queen-cells, except one, eight or nine days later. In this way a new queen is raised and she starts laying in time to produce a large number of young bees for the winter.

In a small apiary that can be watched all day from the house, it is often satisfactory to limit swarming to the prime swarm, and to prevent the swarm from flying away by the following simple method.

The queen's wings are clipped before the swarming season. When the swarm is in the air, the hive is moved away and a new hive, in which the queen is put, is placed on the old stand to receive the returning swarm. This operation weakens the old colony to such an extent that it rarely swarms again, but to make sure, it is advisable to cut out all queen-cells, except one, a week later; at the same time, the swarm is reinforced by the field bees from the old hive, and it gathers almost as much honey as a colony that does not swarm.

TURF

DRIVERS.

By W. H. Gocher

The fifty-seven varieties which are referred to so frequently would require a few additions to cover all of the samples of reinnsmen which have been seen on the trotting turf. In that world the scale runs from the Old Testament quoter Alden Goldsmith, whose eye detected Goldsmith Maid in the rough, to dismal Jimmy Eoff, hiding on the roof of a shed to evade the California miners whom he had robbed by his double dealing.

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