

THE MAGAZINE GUARDIAN

Teachers, Parents, Pupils, Farmers, Dairy men, Horse men

THE SCHOOL AND THE HOME

HINTS TO REMEMBER

- A cupful means full to the brim, not running over. The standard measuring cup holds just half a pint. Soda, baking powder, pepper, salt and spices are measured level. Glass jars are better than tin cans for keeping coffee and tea in bulk. A spotless table cloth, smooth and straight is essential to the enjoyment of a meal. By heating milk in a double boiler, we avoid the danger of its burning and running over. A rounded tablespoon equals one-eighth of a cup or one-fourth of a quarter pound print of butter. According to the small boy's version a thin piece of cake is better than no bread.

Pineapple Conserve

Peel, eye, and core the pineapple, cut into bits and run through a food chopper, or grate as desired. To each pint of the pineapple pulp add one pint of rhabarb cut up into bits. Boil until tender, then add to each pint of fruit a pound of sugar, the juice and grated rind of three oranges and one cupful of almonds or English walnut meats chopped into bits. Boil to the consistency of a conserve, and fill into glasses. The orange rind may be omitted if you do not care for the orange flavor.

THE JAPANESE WAY

Some Things That Are Done Differently in the Eastern Empire. The Japanese guest never picks up his saucer with his cup. The cup is taken up alone. Ladies sit with their hands folded palms upward. Every lady shaves. Young ladies dye their hair black, when there is a reddish tinge in the hair. Ladies never brush their hair; they only comb it. It is polite to make a noise with the mouth when eating certain food. Ladies, however, rarely do so, as they are supposed to suppress their feelings. A bride calls on her neighbors and friends instead of her neighbors and friends calling on her. Flowers are never used at weddings (old style.) Roses are not used on formal occasions or at funerals or for house decoration, as thorns are supposed to bring misfortune. No steel is employed in making clothing for the dead. Bamboo needles are used. The material is torn not cut and no knots are used. A Japanese ties a tenugui, a sort of handkerchief, tightly around his head when he is tired, hungry or ill. He does not tighten his belt. The Japanese close their windows at night, fearing the night air. Most foreigners open their windows at least a little. The Japanese use the same word sky anemo, greens; all mean for blue and green, i.g., Azora, blue wife three lines and a half and a broken comb. Venison, wild boar and monkey flesh are spoken of as yamakura, which means mountain whales. We often name our dogs after famous persons. The Japanese would consider this insulting to those persons. Japanese ladies wash themselves with charcoal and rice bran, seldom with soap. We eat rice as a cooked cereal; the Japanese as their bread. Every Japanese is one year older on the Toshikoshi, a moveable feast like Easter. Last year it fell on Feb. 3rd. A man never wishes his wife "Good morning" first. She greets him and he replies. When a wife sits down to a meal with her husband, before eating, she says, Itadakimasu ("I accept your kindness.") A woman never speaks of her husband as such; she speaks of "the house."

FARM

right time to plow is just after the grain has been cut, because: 1. The ground has at that time an abundance of moisture. 2. Having the moisture, it plows easier. 3. By plowing at that time a mulch is formed which retains the moisture and rests the land. 4. By turning the stubble under, it has time to rot and act as a fertilizer; 5. The foul weeds are killed out, and the nourishment they would consume remains in the land. Result: From three to five more bushels per acre. Result of not plowing at once: Each stubble will act to the ground in the same capacity as the chimney does to the stove; each one will emit the moisture which is vitally necessary, and with it go the many elements necessary to crop production. There is no reason at this time why the plowing cannot be done immediately after the grain has been harvested. If the weather is too hot for horses to stand this hard work, then put the tractor to work. The increase in crops derived from plowing at this time will more than offset the cost of the tractor. In the event that skilled help cannot be obtained for the operation of the tractor, then convert the automobile into a tractor. This latter can be operated by anyone who understands running the car. The feasibility of this transformation has been demonstrated so thoroughly that there is no question in regard to the benefit derived. This is "war time" and we have got to have the food. Cereals will bring in the money with which to help carry on the enormous expense that we are now put to.

SENDING BUTTER TO THE BOYS OVERSEAS

A group of ladies were recently discussing the question of sending butter to the Canadian soldiers in France. One woman said that their Institute had sent a number of lots of butter across the ocean and which had arrived in good condition. The plan adopted was to line a clean tin pail with paraffin paper pack in the butter solidly, and then cover the top with a circle of paper. They found that the butter packed in this way reached the front in good condition and was much appreciated by the Canadian boys who were being fed on army rations of margarine instead of butter. Possibly some of these who have soldier friends in France or Flanders might like to send them some Canadian June butter. Butter made in the month of June is generally considered to be best for packing and shipping, because the natural conditions of feed and weather are most favorable during this month for making the finest keeping qualities, which latter is a very important point to be considered by those sending butter across the ocean, subject to heat and delays in transit. None but the finest butter will arrive in eatable condition under these unfavorable conditions.

DAIRY

The cream separator should be kept clean if the highest efficiency of the machine and the best product is to be obtained. At the end of each separation flush out the bowl by pouring about two quarts of lukewarm water into the supply can. The parts may then be washed with scalding water, after which they should be allowed to dry.

FIGHTING FOR HAPPINESS

When you get into a frame of mind that makes life seem one tiresome duty after another, with no pleasure in it; when ill-health seems to take all the joy out of life and you worry over things that are really not worth worrying about, then your nervous system is becoming exhausted, and you are on the way to a general breakdown in health. In this condition your health and happiness is worth fighting for and good, rich, red blood is what your system needs. It is a hopeless task to try to restore your health while your blood is deficient either in quantity or quality. And remember that no medicine can be of any use to you that does not build up your weak, watery blood. To build up the blood and strength on the nerves there is one remedy that has been a household word for more than a generation—Dr. Williams' Pink Pills for Pale People. It is the actual mission of these pills to make new, rich, red blood, which strengthens the nerves and tones the entire system. They give you a new appetite, make sleep refreshing, put color in the lips and cheeks, and drive away that unnatural tired feeling that oppresses so many people. If you want to experience new health and happiness give Dr. Williams' Pink Pills a fair trial. You can get these pills through any medicine dealer 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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KEEP DISEASED RYE AWAY FROM ANIMALS

The general desire to extend the grain area this year has resulted in some cases in the sowing of rye by persons who have not had any previous experience with this crop and there may be some among them who are not aware of a danger to breeding farm animals that may exist in this crop should it be fed to any great extent. The trouble exists in the ergot which is caused by a fungus, which, if the disease is present, replaces the kernel of the rye with a kernel-shaped body about half an inch in length and of a purplish color. This ergot, if present in grain fed to pregnant animals, is capable of causing abortion and should be carefully looked out for by stock owners. The ergot is usually recognizable by the time the grain is well in head. Land on which a crop of rye bearing ergot has stood should not be sown to the same grain the next year, and it is safest to follow a crop so affected with a hard crop so as to rid the land of the disease. It is possible that the disease may affect wild grasses, rye grasses, blue joint, etc., but such trouble is very uncommon in this country. Ergot-poisoned animals show weakness, dullness and paralytic condition of some muscles. The poisonous character of the fungus is principally due to its exciting influence on the muscle fibres of the uterus and smaller arteries. As a result of the former, contraction of the uterus results, which in pregnant animals results in the expulsion of the foetus—abortion. The latter action causes the contraction of the walls of the tissue-feeding arteries, which prevents the passage of the volume of blood required for the nourishment of the tissues. Tissue thus deprived of blood dies, and in such cases we speak of gangrene. This usually happens to the extremities, as the lower part of the legs, tail, ears, or teats in cattle; and the comb, wattle, toes, wings, or tongue of poultry. Ergot, as it affects grasses is usually formed by August and stays until fall. If any suspicion of the presence of the trouble exists a sample of the suspected grains or grass should be sent to an agricultural experiment station or to the district representative of the county.

HOW BEST TO START IN PURE-BREDS

Pure-bred stock costs no more to feed than do the commonest scrubs, and possibly not as much as some of them, and yet we find but a very small percentage of pure breeds or even high grades in our land. This is not as it should be, and why? The only bona fide reason is the initial cost, this, of course, is no small item, if it is decided to replace, all at once, the whole herd with pure breeds. To the person who has the finances, this would possibly be the better plan; at the same time, there is good reason for growing up with the business, as experience is valuable. Every grade herd should have at its head a good, pure-bred sire as the only plausible source of improving the herd. Then, as a for dispersing the common stock at small additional cost, a start could be made by adding to the herd one or more pure-bred females, whose increase would soon be a nucleus for a pure-bred herd. There never was a more opportune time than the present full value. Another plan for getting a start in pure-breeds is to get them on shares. By this plan, a person who is short of capital can supply as his share the care and feed of the flock while his partner does the financing. Thus the beginner will soon have a start in pure-breeds without feeling the pinch of paying out cash for them, as he otherwise would have to do. Canada is especially adapted for the raising of good stock, and the market for the choicest stock is practically unlimited. There are certain requisites to which any prospective breeder must give attention in order to make a success. He must use good judgment and give the necessary foresight to the business. He must be careful in his selection of sires and feed wisely. If he does this, he will take considerable pleasure out of his work and should be worth considerably more at the end of his journey than if he had stayed with the ordinary grade or common stock. The pleasure that is taken out of hard work is very considerable, when we have worked hard to make things pleasing. This applies very particularly to the production of stock, wherein we look for each succeeding generation to be better than the previous one. The man or boy who

PLOW WHEAT FIELDS EARLY

The government asks us to abstain from the use of wheat. Every loyal American is willing to sacrifice everything that is necessary to win the war. With the vast acreage in wheat in the United States, and the amount of land still available, it would seem that there should be no necessity for curtailing the consumption of wheat. Every acre now in wheat can produce from three to five bushels more per acre next year. This extra yield would practically feed the United States, even though no more land was utilized. The solution is plowing: Plow at the right time; and the

FRECKLE-FACE

Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable dealer that it will not cost you a penny unless it removes the freckles; while if it does give you a clear complexion the expense is trifling. Simply get an ounce of Othina—double strength—from any druggist and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worse case. Be sure to ask the druggist for the double strength Othina as this strength is sold under guarantee of money back if it fails to remove freckles.

PHOSPHATED MANURE BEST

When fresh manure has been reinforced with acid phosphate, 40 pounds to the ton of manure, the phosphate being mixed with the manure before spreading, it has increased the corn yield by 16.44 bushels over the yield produced by the same quantity (8 tons) of untreated and weather-exposed manure, followed by an increase of 6.31 bushels in the wheat crop and 1,821 pounds of clover hay, reports the Ohio Experiment Station. The total value of this increase has been \$22.60 more than that produced by the same quantity of untreated manure which had been allowed to lie in the barnyard from January to April. Supposing the phosphate were to cost \$20 per ton there would still be left a net increase of \$19.40, or nearly \$2.50 for each ton of manure.

FINENESS OF LIMESTONE

From experiments with lime of varying fineness, conducted to determine weather the extra cost of lime finely ground is justified, the Pennsylvania Station concludes: On the basis of the data accumulated on the behavior of the varied sized limestone particle when incorporated in an acid soil, it may be concluded that an application of limestone in which the entire product consists of very fine material is less desirable than one consisting of varied degrees of fineness. The increased cost of the very finely ground limestone, together with the rapidity with which it disappears from the soil as compared with coarser materials, leads to the conclusion that an application of material all of which will pass a 10 mesh screen and include all of the fine material incident to such grinding is sufficiently fine for soil improvement if applied somewhat in excess of the immediate need of the soil.

POULTRY

DISPOSE OF OLD HENS AND BREEDING STOCK EARLY. As soon as the breeding season is over, get rid of all male birds bred in the breeding pens. When the egg yield drops in the early summer, or when the egg yield does not pay for the feed, sell off all hens over two years old and even the year-olds cut pretty well. Poultry at this time of the year will bring a better price than later and feed and space will be saved for the best of the year olds and the growing chicks. Old hens as a rule, especially of the heavier varieties, do not pay for their feed in late summer eggs. Sell the young cockerels whenever they are ready throughout the summer. Don't keep everything till the fall. Whenever the price is good, sell the cockerels as broilers or as small roasters. In an experiment carried on at the Experimental Farm in the spring of 1917 with Leghorn chickens, the sale of the cockerels paid all expenses for incubation, brooding and feed for themselves and pullets up until the first of September. When the pullets went into winter quarters on November 1st, they cost over and above what had been paid by the sale of the cockerels, just 3.9 cents each. This experiment showed not only that it paid to sell the cockerels early, but it also demonstrated that pullets could be raised much cheaper than they could be bought in the fall.

THE FATTENING OF CHICKENS

The profits obtained from marketing lean, poorly fleshed, unfinished chickens are so small as to be frequently discouraging, many of the packing houses and larger produce dealers find it necessary to go to considerable expense to provide the necessary premises and equipment to properly finish such poultry, the best place to feed poultry is on the farm, and, if it pays the packing houses to take the trouble, it obviously would be good business to do the work on the farm. Proper feeding and finishing will not only greatly increase the weight of the birds, but will also enhance the value of every ounce of flesh on their carcasses, and greatly reduce the proportion of offal in relation to the amount of edible meat. There is generally a difference of from three to seven cents per pound in the price paid for well fleshed birds as compared with lean unfinished stock just off the range. There is always a market for prime quality poultry, while the poorer quality has to be sold at whatever price can be obtained, depending on the market and the amount of effort put forth on the part of the seller. Birds generally make the greatest gain when about three to four months of age, and the average birds make the most economical gains during the first two weeks of special feeding. Chickens can be readily taught to feed by lamplight; this is a great convenience, as it is desirable that the time of feeding be spaced as nearly as possible twelve hours apart. The crate system of feeding is much more economical and efficient. In practicing this method, one is able to carefully not the progress being made by each bird and the feeding period of the more thrifty can often be shortened or lengthened as desired. Also the flesh of the crate-fed birds is invariably softer than that of pen fed birds. For amplification of the foregoing information apply to the publications branch, department of agriculture, Ottawa, for bulletin No. 88 of the Division of poultry of the experimental farms entitled Preparing Poultry Produce for Market.

FEEDING THE CHICKS

Several weeks ago, in order to test the fertility of the eggs which our hens were laying we set a hen on an assortment of eggs. In due time the chicks hatched and as we had not secured our supply of prepared chick feed for the season we gave them wheat and sour milk. The wheat consisted of small grains screened out in recleaning wheat for seed. In this country there are no weed seeds in wheat as it comes from the machine but there are broken and shrivelled grains so the feed the chicks got was just wheat and sour milk. The hen was put in a coop near a stack of alfalfa and as soon as the chicks were a few days old they began to work on the broken leaves and blossoms scattered about. When the chicks were a week old the hen was turned out after the sun got up to warm the air. These chicks are now five weeks old and as hardy a lot as ever had. They run in and out of the poultry houses at will and probably get some of the meat scrap which the laying hens have before them. They also get new grass if they want it, but I have never seen them pecking at it. This shows that chicks from the eggs of vigorous hens are hardy and get along on a very simple diet. This morning there was a light snow on the ground but the chicks did not mind it. They were out and about as the sun was up, digging away as if they liked it. We have never paid much attention to complicated formulas in feeding our chicks. If they are all right when they come out of the shell they get along very well on the kind of feed which the average farm supplies. If they can have sour milk from the beginning they grow on almost any kind of grain, if it is small enough so that they can swallow it. If I could get sound cracked corn I would feed it without fear as long as I had sour milk to feed with it. cottage cheese made exactly as it would be for the table is most excellent feed to use two or three times a week in connection with the plain sour milk. It is very rich in protein and builds up the muscles and bones while the corn supplies the en-protein and fat in these high-priced protein and fat in these high-priced days, when it is so necessary to keep up and even increase the poultry stock of the country. We must get along without any trills on or feeding operations, and when we can save money in feeding it is our duty to do so. Elaborate rations are all right in normal times but now we must use the cheaper substitutes that are available on every farm—Miller Purvis.

THE BIOUS HABIT

Some people have bi-so often until they get ious spells, about every to be a habit. The liver is at fault. Get the liver right by using Dr. Chase's Kidney-Liver Pills and the bile will not collect in the blood until it poisons you. There is no one organ in the human body which has so great a control of health as the liver. Hence the far-reaching effect of this treatment.

AMONG THE HORSES

RULES FOR HORSES

- 1—Load lightly, and drive slowly. 2—Stop in the shade if possible. 3—Water your horse as often as possible. So long as a horse is working, water in small quantities will not hurt him. But let him drink only a few swallows if he is going to stand still. Do not fall to water him at night after he has eaten his hay. 4—When he comes in after work, sponge off the harness marks and sweat, his eyes, his nose and mouth, and the dock. Wash his feet but not his legs. 5—If the thermometer is 75 degrees or higher, wipe him all over with a damp sponge, using vinegar water if possible. Do not wash the horse at night. 6—Saturday night, give a bran mash, lukewarm; and add a tablespoonful of saltpetre. 7—Do not use a horse-hat, unless it is a canopy-top hat. The ordinary bell-shaped hat does more harm than good. 8—A sponge on top of the head, or even a cloth, is good if kept wet. If dry it is worse than nothing. 9—If the horse is overcome by heat get him into the shade, remove harness from him all over, shower his legs and give him two ounces of aromatic spirits of ammonia, or two ounces of sweet spirits of nitre, in a pint of coffee warm. Cool his head at once, using water, or, if necessary, chopped ice, wrapped in a cloth. 10—If the horse is off his feed, try him with two quarts of oats mixed with bran, and a little water; and add a little salt or sugar. Or give him oatmeal gruel or barley water to drink. 11—Watch your horse. If he stops sweating suddenly, or if he breathes short and quick, or if his ears droop or if he stands with his legs braced sideways, he is in danger of a heat or sun stroke and needs attention at once. 12—If it is so hot that the horse sweats in the stable at night, tie him outside with bedding under him. Unless he cools off during the night, he cannot well stand the next day's heat.

FIGS

Rheumatism in pigs can be generally attributed to cold damp pens and exposure, but it may occur in hogs that are well cared for. Overfeeding is also said to cause it. Specific causes unless it is in articular rheumatism should not be considered in discussing the disease. The symptoms are quite marked. These are fever, loss of appetite, lameness and general look of condition. Sometimes large swellings appear in the region of the hock, knee and joints of the feet. In acute rheumatism the pain in the affected muscles and joints is intense. Preventive treatment is very important. It means the providing of dry comfortable quarters and the avoidance of exposure. Unless this is practised but little good can be gotten from medical treatment. A sloppy diet is also palpable. Salicylate of Soda is the most useful drug to give in this disease. The dose is 20 or 30 grains in the feed or as a trench, three times a day. Larger doses and at more frequent intervals may be given in an acute attack for a short time. Quinine and bitter tonics can also be given. Blistering ointments and liniments should be applied to the inflamed articulations.

NOT GUILTY

"I hear, James, your master is a perfect lady-killer, especially since he got his new auto." "Taint so, str. He has run over some, but none of 'em's dead yet."

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 weaken the stomach and thus prevent all the dreaded summer complaints. Consulting them Mrs. Fred Ross, 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.