

THE MACAZINE GUARDIAN

Teachers, Parents, Pupils, Farmers, Dairymen, Horsemen

THE SCHOOL AND THE HOME

RECIPES

Eggless Bran and Oat-Flake Cookies

Mix one pint each of bran, oat-flakes and white flour with three teaspoons of baking powder and one teaspoonful each of salt, nutmeg, cinnamon and ginger and one and a half cupfuls of sugar. Rub through the mixture one scant cupful of shortening. Add just enough very cold water to bind the ingredients, roll out thin, cut into stripes and then into squares or diamonds. If fruit is added roll out thick.

Fried Sauerkraut

For this the sauerkraut should be boiled first. Left-over sauerkraut may be used this way. Heat a tablespoonful of butter or bacon fat in a shallow pan, put in the sauerkraut and fry slowly until tender. It is very good as an accompaniment to liver.

Tossed Potatoes

Are simply potatoes pared, soaked overnight in cold water, boiled and the water drained off, and "tossed" a bit at the open window or door until they are like snowballs. Put in a hot dish and lay a folded towel over them until they go to the table.

Fricassee Ham

Have the slice cut very thick, say an inch and a half. Cut it into small pieces and parboil in salted water for ten minutes. Drain and dip first in beaten egg and then in cracker crumbs. Fry in deep fat until a golden brown. Make a thick brown gravy by thickening a tablespoonful of the fat and two cupfuls of milk with two tablespoonfuls of flour. Arrange the ham on a large platter and pour over it the brown sauce, well seasoned.

Bran Plum Pudding

Mix three-quarters of a cupful each of bran and white flour. Stir till smooth with one pint of cold water, and add one cupful each of currants and seeded raisins and one quart of chopped, peeled apples. Bake in a buttered mold for six hours.

Scalloped Potatoes

Butter a baking dish well. Put in a layer of potatoes, slice thinly. Sprinkle with salt and pepper, and dredge with flour. Add milk until it may be seen through the top layer. Add bits of butter. Bake in the oven until the potato is soft.

Cornmeal Gems

Cornmeal, 1/2 cup. Flour, 1 cup. Milk, 3/4 cup. Baking powder, 3 teaspoons. Eggs, 1. Sugar, 1 tablespoon. Salt, 1/2 teaspoon. Mix and sift flour, baking powder and salt; add sugar, milk, egg, well beaten and melted shortening. Bake in greased gem pans in a hot oven.

War Cake

4 tablespoonfuls dripping, 1/2 cup sugar, 1/2 cup milk, 1 cup flour, 1/2 cup Graham flour, 2 1/2 teaspoonfuls baking powder, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 tablespoon molasses, 1 egg. Mix sugar, dripping, beaten egg and molasses. Add to the flour the baking powder and spices. Add the milk and flour alternately to the first mixture. Bake thirty minutes in a shallow pan.

Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water

Says an inside bath, before breakfast, fast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious—merry, bright, alert—a good, clear skin and a natural, rosy healthy complexion are assured only by pure blood. It only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anaemic-looking men, women and girls, with pasty or muddied complexions; instead of the multitudes of "nerve wrecks," "routines," "brain fags" and pessimists we should see a virile optimistic throng of rosy-checked people everywhere.

Dried Apricot Jam

Soak one pound of dried apricots in four pints of water for forty-eight hours, then boil all together for half an hour, add three and a half pounds of sugar, and boil for another half hour. The mixture should be poured while hot into carefully dried jars and closely covered.

Impromptu Dessert

Put a layer of sliced oranges in a glass bowl. Sprinkle with powdered sugar, then a layer of coconut. Repeat until the bowl is full.

Layer Cake With Apple Filling

Put three eggs, six tablespoonfuls of sugar and grated rind of one lemon in a basin, stand it over a pan of boiling water, and beat until warm; then remove from the hot water, and continue beating until the mixture is thick; then sift in twelve tablespoonfuls of flour mixed with one teaspoonful of baking powder and a pinch of salt, then add three tablespoonfuls of melted butter, taking care to stir very gently, but on no account beat it. Divide into two buttered and floured layer tins and bake for ten minutes in a moderate oven. Turn out and cool, then put together with apple filling.

To make the apple filling. Put one cupful of apple sauce and one-half cupful of sugar into an acepan and boil until thick, stirring all the time, add one-half tablespoonful of lemon juice and use.

Vegetable Cutlets

Soak one cupful dried peas overnight in cold water. No cover. Drain put in a saucepan, cover with cold water and bring to the boiling point. Again drain, cover with cold water and add two slices onion, six cloves, twelve peppercorns, a bit of bay leaf, two teaspoonfuls salt and one-fourth teaspoonful soda. Cook until soft, drain and rub through sieve. Add two-thirds cupful finely chopped peanuts, one cupful fine bread crumbs, one-half teaspoonful salt, one-eighth teaspoonful pepper, and eight tablespoonfuls cream. Shape in the form of cutlets and saute in butter. Garnish with paper frills.

SELECT STOCKY PLANTS FOR FALL POTTING

In selecting garden plants for Fall pottling only the most healthy specimens should be considered, stocky ones being generally preferable. The time for this operation occurs late in the Fall, and every gardener should take advantage of the opportunity offered to brighten up his house with blooms at small expense.

WINTERING YOUNG CATTLE

At this season when young cattle are being stabled and the change made to winter feed it will pay the owner to give them a little extra attention until they become accustomed to the change. It is not wise to think to sink in weight.

FARM

THE CARE AND APPLICATION OF MANURE

The care and application of manure has always been an important part of farm work, and since the acute demand for foodstuffs has developed, should be given careful consideration.

Most farmers know, or should know, that the day manure is voided from an animal, it is of its greatest value, and every day it is lost out of the soil, its value decreases. The percentage of such deterioration will depend on the method we adopt to conserve it.

winter on the field, and that this practice was advocated by directors of our Experimental Farms. I continued this method for several seasons, noting carefully the results of spring dressing in comparison, and was forced to abandon the former method as wasteful entirely too much plant food. While it had the advantage of lessening spring work, the saving in labor in my opinion, did not nearly make up for the loss from leaching, even though my farm was nearly flat.

We always kept sufficient stock to consume all crops grown on the farm, and until recent years all available manure was used to grow roots and corn. This was applied in the early spring for the former, on summer following for the latter on a pasture or other green sward. When the quantity of manure increased (as it will continue following this line of farming), I purchased 100 acres of poor run out land, not fertile enough convenient to grow roots, and corn on. My practice has been, on an old pasture, to plough early in September, cultivate thoroughly and grow oats first year, the second year manure and seed with grain again to clover, and for a number of years I have been trying several methods of applying manure; 1st, by dressing the oat stubble after harvest (with manure made in summer), and plowing under before winter, 2nd, applying in the spring both before and after the oats were up, on land plowed the fall before and well cultivated in the spring, 3rd, applying the stubble in early spring on the stubble and plowing lightly, 4th, applying the manure in the spring just before seeding on fall ploughed stubble and discing it. In every case we gave the land from ten to twelve spreader loads of manure. This dressing would grow a fair oat crop and a varying clover catch. So far I have had decidedly the best patches of clover from plowing the manure down.

I have tried all these methods several times, as I was under the impression that top dressing would give us the best results, but in no one instance, in fact, the difference in favor of the latter has been so marked that I have abandoned top dressing, except on occasions when we are after a crop of time in the fall. The difference in the oat crops was not so marked, but the growth was at least as strong on the plowed under lot as on top dressed and much more uniform.

I think the reason the clover grows so much better on the former, is that being buried and thoroughly incorporated with the soil, it is made available for the plants to use much more readily than that lying on top, and top dressing actually smothered quite a lot of clover.

This is a most important subject and worthy of consideration and careful experiment by every Maritime farmer, and while I have given the results of my experiments and have tried to learn what I can from the work in other parts of the world, the question is open for discussion, and many men differ from me, especially in the system of spreading directly from the sleigh or wagon in winter. This system saves some labor, in that the manure is only loaded once, but the work can be done in winter, but the spreader makes such a large amount of dust that I think it is not worth this gain, and if we are ready to take advantage of the season, there is usually a time in the early spring when a spreader can be started before we can work much on the land.

WINTERING YOUNG CATTLE

(By W. M. Lea.) At this season when young cattle are being stabled and the change made to winter feed it will pay the owner to give them a little extra attention until they become accustomed to the change. It is not wise to think to sink in weight.

Not long ago the price of live stock was so low that a farmer might be forgiven for just "wintering" his young cattle, (which meant trying to bring them through alive) but now times and prices have greatly changed, and it is not so easy to keep a few cents' cost that is really quite efficient. Leaving the disagreeable deafness and head noises caused by catarrh.

Catarrhal Deafness May Be Overcome

A simple, safe and reliable way that calls for no ugly trumps, phones or other instruments.

To be deaf is very annoying and embarrassing. People who are deaf are generally mighty sensitive and subject to a host of ailments. Many deaf folks carry around instruments that call attention to their infirmity. Therefore people who are hard of hearing, who suffer from head noises, or who are actually deaf from catarrhal trouble, will be glad to know of a simple recipe that can be easily made at home for a few cents' cost that is really quite efficient. Leaving the disagreeable deafness and head noises caused by catarrh.

not always handle our live stock as if we recognized this. Any wise stockman has in mind some system of feeding when he undertakes to carry over any given number of cattle and usually makes provision to furnish along with the roughage of straw and hay, turnips and other roots and when such are available they should be fed immediately the young cattle are put on dry feed. This is the time when they need it most, when the grass is melting, and a limited quantity of roots are grown, feed what you can for a few weeks at least, for if they once start to go back a dead loss will be experienced some time before they recover or are disposed of. And I would feed a few roots or a little grain for a time after stabling. Even if I had to cut them off before Spring, as they will become well accustomed to the change they will do much better through the latter part of the winter on dry feed, than if the limited quantity of roots that might be available held over until the latter part of the winter.

However in a country so well suited to root growing as this province, every stockman should plan to grow enough to have sufficient to give every animal on the farm a ration through the entire winter. But if a farmer finds himself with plenty of roughage but an insufficient quantity of roots and feels that he is so situated that he cannot either dispose of his surplus animals to advantage, nor keep them all in a gaining condition, he should select the heifers he intends to keep as breeders and give them the best care possible under the circumstances even if those intended for the block are let go back.

They will be sold out of the herd anyway and if stunted leave no bad impression on a stockman's mind. It is not absolutely necessary that young cattle have a warm stable, if they have one dry and free from draughts. But it is much cheaper to warm them by making the stable tight than through their feed, as they will use it for that purpose if lice are not present. Lice are another source of annoyance and loss, and few cattle barns are free from them regardless of how some men are so positive that they are not. Even when the entire stable is white-washed just before the stock are brought in, I have seen them grow in a few weeks, as a lot of them are hidden in the cracks through the summer, being unable to develop on account of the dust and other conditions unfavourable to them. I have found a few blue lice in the folds of loose skin in the udder of a heifer in midsummer when upon close examination, no others could be found.

Any other part of her body. Had probably have gone to the stable with her and, a louse is said to become a grandmother in (is it ten seconds or less) soon pollute the entire flock. These vermin may be kept in control by sprinkling wood ashes on the stock and in their bedding, by keeping them well dusted with some of the powders put on the market for the purpose, or they can be completely cleaned off with applications of sheep dip, if done thoroughly, or with some other preparations recommended and sold by our veterinarians. However it takes thorough and persistent effort to get entirely rid of them. The best way to keep them from developing to any great extent at least, and I have heard of dry lime being used with good results, for this purpose but have never tried it. Under no circumstances should any form of dry poison be sprinkled on cattle. This has been a rather common form of treatment with some of the farmers of the past, but I know of nine young calves and yearlings being killed in one stable and several in two others by using heliole and other poisonous drugs mixed with sulphur and sprinkled along their spine. (I think this fixed the lice alright, but it killed the cattle along with them) and it is my opinion that the hands of the farmer who tried that treatment without their owners being aware of what happened them. The pores of the skin absorb the poison so slowly in some instances that weeks will pass before the animal dies.

The first symptoms of the trouble will be that the animal is unable to rise although generally feeding normally and showing no other indication of illness or pain. This condition will often last for a week or more before the animal dies and the owner has generally forgotten about his sure death treatment for lice. I have spoken to many men who are now convinced that they had killed calves and other cattle that way and did not recognize it at the time. Young stock seem to be less able to resist poison in this way, at least that has been my experience, and although I have never used this treatment nor lost stock from any such cause, I am of the opinion that it was proved by post-mortem examinations by two qualified veterinary surgeons, that dry poison mixed with sulphur and sprinkled lightly on calves had been the cause of their death. There are other treatments just as effective in killing the vermin without injury to the animal, so use one of these.

DRYING OFF HIGH PRODUCING DAIRY COWS

While some cows dry up too easily there are others that have the habit of "hanging on" even after the dairy-men would have them "let go." The quality of persistency is a fine thing in a dairy animal. Many a cow is unprofitable because she dries up too soon, therefore it is greatly to be preferred to have a cow so persistent in her milk flow that it is with difficulty one is able to dry her up.

In "drying off" one of these difficult cows plenty of time should be allowed for that purpose. It is not possible to manage the matter quickly, with some individuals without injury. Nature's processes are slow and she positively refuses to be hurried. She has her own methods; they are always workable and will succeed if intelligently followed.

The first thing to do in persuading a high producer to "let go" on her lactation period is to shorten up on the food supply. No cow can give milk long without a supply of suitable food hence a ration altogether opposed to the usual ration should be adopted. Instead of giving succulent food such as grass, ensilage alfalfa, roots, etc., and concentrates with a high percentage of protein such as oil meal, cotton seed meal, gluten, bran, oats, etc., a change should be made to timothy hay, straw and food containing less succulence and protein to those of a higher analysis of carbohydrates, of course a limited quantity of fattening foods to keep up energy and prevent the cow from falling off in flesh should be given for it is bad policy to allow a cow at this time to get thin. This is her time for building up for the next lactation and if she gets thin now, valuable time will be lost in her long term from being dry has been in one's mind she will just be able to regain the lost ground and still have time to get in proper condition for freshening.

Another thing that should be carefully guarded against is sudden changes passing from one class of foods to another should be done gradually. If this is not observed there is great danger of bringing on digestive complication or other troubles that can easily be avoided by the exercise of care and reasonable judgment.

Another important matter at this time is the milking, just what to do will depend upon the individuality of the cow under treatment, both as to the quantity and quality of the milk. If her milk is pretty rich she will have to be milked often, but would be the case if it were poor, on account of the tendency of the former to get stringy or thick thus interfering with emptying the udder occasionally, as should be done to make sure there is no lump of curdled milk left, the most decay and inflammation, thus subjecting the whole udder to danger. If a cow's milk is quite thin in butter fat at the time of drying off, quite a large quantity may be left in the udder without much danger of trouble, hence these things should be carefully noted as "drying off" progresses.

A good way is to drop one milking at the next milk clean. If there are no lumps and the mess is not great enough to cause uneasiness two milkings may then be omitted and again the udder milked clean. If no inflammation occurs and the quantity of milk left is not large, the time to observe the fact of the cow is gradually growing less the time after each milking until the cow is fully dry. At each milking, however, the udder should be entirely emptied as it is the only way to be sure that there are no lumps of coagulated milk, stringy curd or inflammation in the udder. If at any time the udder suddenly is found to contain any lumps or other indications that inflammation is present, the cow should be milked twice a day, at least, until these entirely disappear, when the process of drying off may again be continued.

Even after a cow is apparently dry she should not be allowed to go long without a careful examination of her udder being made occasionally to make sure that all is well. Neglect to observe this precaution has resulted in the loss of many quarters and valuable cows. The cow's udder is a very delicate mechanism and will not stand any considerable amount of abuse, hence great attention should be given it at all times to preserve it in its best form, for if one or two of its quarters are destroyed as the result of carelessness or other forms of abuse it practically means that the animal will have to be sacrificed. The loss of a good cow means a great deal in these days not only to the owner but to the community in which he lives, and the empire also.

WEANING THE FOAL

How many farmers who own a mare and sucking colt ever stop to consider that the word "weaning" really means. The practice of the average farmer is plainly evident. He works the mare, sometimes more judiciously and when he thinks the colt is old enough to simply take it away from her for good. But weaning means a gradual process and it is a question of preparation more than anything else. Long before the final separation of mother and colt the colt should be encouraged to eat a little grain, and ground oats is the best feed. It will begin to munch hay, grass or grain at three or four weeks of age and continue.

Juice of Lemons! How to Make Skin White and Beautiful

At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoother and beautifier.

This really commences the duty that will end in successful weaning. Training the colt to lead and to drink a little skimmed or separated milk will help to retain the foal flesh, when the mother's milk is taken away. Never feed the colt milk from an unclean vessel. In addition to ground oats, a little oil meal is very beneficial, about half a pint a day. The effect of such a ration—sweet skimmed milk, ground oats and oil meal—on the growth and development of a foal is remarkable, and in all cases when the foal is likely to enter winter in low flesh, such a ration cannot be too highly recommended.

This business of feeding and training the young colt is still with the mother. The simplicity of the weaning process depends on the thoroughness of that preparation. If the foal has been accustomed to handling and feeding at this early age, the grain ration can be increased slightly as it grows. The process then becomes simple, for as the ration of ground oats and oil meal increases the amount of milk can be decreased. When the time arrives for complete separation, there will be very little if any set back or disturbance to either foal or mother. On the other hand if he has been suddenly deprived of his mother's milk, it will take a long period of time to train it to take any substitute. Loss of flesh is the result, and the excitement displaces its nerve energy. Loss of appetite and impaired digestion begins the stunting of the foal, that ends in an undeveloped animal, which as a breeding animal is of no value. The very best breeding is not able to contend with or surmount the evil influence of this practice. The weaning of the colt is therefore of primary importance to the success of the horse-breeding industry.

If the proper weaning of the colt is considered a bore and bother on the farm, horse breeding should be left alone. It is a special work and demands some time, and a farmer should be given liberally. Many colts are permanently injured the first six months after weaning by too scanty supply. The method to feed a colt before and after weaning can be learned by watching the youngster feeding when with its mother. It sucks often, and in small quantities at a time. The mother's udder holds no great supply at one time, and the feeding of the colt must be done on the same principle, often and regular and with small quantities at a time.

If the mother has been bred early after foaling, and proves in foal, it will be better to wean the foal early, and there is no way of doing this properly. The plan suggested of early preparation, early weaning of the colt in this case gives the mare opportunity to regain her usual vigor and health and will aid in nourishing the young fetus.

If for any reason the mare or foal are not doing well, it is best to wean early. The mare will have a better chance to regain her normal condition, and the colt will be healthier if weaned before than when sucking the dam—that is in an unhealthy condition. If the mare is healthy, and is again in foal, but is not working, or is kept entirely for breeding, it is not at all necessary to wean the colt early. This is a natural condition, it is only when a mare has to work hard, and is in foal while she is nursing a young colt that weaning early is necessary.

When the mare and the colt have been separated, the should be kept separate; constant remembrances by sight, smell or hearing only prolong the period of unrest, and loss of appetite. But don't put the colt to work before he is a year or two older, after weaning. This practice is doing more damage to horse breeding than anything else, and it is all too common on Canadian farms. It is such a beginning that produces the spiritless, dejected, weak-stomached and short-lived horse.

The work mare will require some special care when the colt is finally weaned. If she has been receiving additional rations to encourage the milk flow, they should be discontinued. Work the mare right along if she has been at work, but reduce the grain ration till she is dried off.

In drying off the mare, it is very necessary to milk her every time when the udder becomes so full as to cause uneasiness, part of the milk should be drawn, but she should not be milked dry. If the milk is all withdrawn each time, it will take longer to dry her.

FALL CARE OF FARM MACHINERY

Before the war farm machinery was high in price. With an increase of from 25 to 50 per cent. over that price, it is worth so much money that we must take special pains as to its care.

As the wet weather of autumn approaches it is our duty to keep the implements out of the weather, as much as possible. There is no farm implement—not even the harrow—which does not suffer from wet weather. Under present day conditions, when farming operations must be carried on in the most economical way, "conserving our machinery is a very important factor. If by good care we are able to prolong the life of an implement by a few years, we would in most cases, save 25 per cent. of the price of a new one. No farmer will dispute the assertion that on the average a machine which has been put under cover will last about twice as long as one which has been left in the mercy of the weather. Not only should implements be well housed, but the condition they are left in is a very important item. Probably the most neglected implement on farms today is the plow. In it the mould-board is the most important part—a clean mould-board is absolutely necessary to allow the plow to function. And yet how few mould-boards come out bright in the spring. It takes several days of much scraping and scouring, a great deal of lost time, and an unnecessary drain on horseflesh to do what could have been done in a few minutes the previous fall. To say nothing of the fact that a mould-board which has been twice in the late fall.

A good coating of any kind of grease will keep plow mould-boards from rusting, but better still, is a thick coat of any kind of paint, several pots of which are found on every farm. No better use can be made of it in the care of implements, and in every other piece of farm operations, it pays to attend to details. And one of these is this—when putting machinery away, go carefully over every machine and make note of all worn parts, so as to be able to replace them in the winter months. The best time to make such notes is while they are fresh in our minds.

CARE AND SKILL IN FEEDING HORSES

Some persons feed much more to their horses than others, and get no more work done. Very often the horses fed the heavier are not worked the hardest, and are not the fastest. One man told recently of changing his way of feeding, and he found that he got better results with a smaller amount of feed.

Feed is so high priced now that this man found by cutting the amount of grain—specially the hay—that his horses have done as much field work as ever, and are in as good flesh as usual. His horses eat a little more hay than under the old plan of feeding. There is such a thing as getting a horse accustomed to eating an exorbitant quantity of feed. The experienced horseman generally detects the symptoms of over feeding, but a man who habitually feeds and handles only his own horses in his own way go on for years with a method that is wasteful or even actually injurious to the horses.

Probably it is these differences in management that account for the reputation for continually having bad luck, accidents, colic, and other trouble with their horses, while some of their neighbors never seem to have any unfortunate incidents about their horses. Many farms seldom have a horse sick, sore, or lame. It depends much on the care of the horse, and the most important single item is the sensible feeding.

10 CENT "CASCARETS" BEST LAXATIVE FOR LIVER AND BOWELS

Don't stay constipated, headachy, bilious, with breath bad or stomach sour. No odds how bad your liver, stomach, or bowels; how much your head aches, how miserable and uncomfortable you are from a cold, constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, easy stomach, cold, offensive breath, and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery. A 10-cent box means health, happiness and a clear head for months. All druggists sell Cascarets. Don't forget the children—their little insides need a gentle cleansing, too.

