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

FALL COOKERY

Celery Relish.—One quart celery 1 quart cabbage, 1 quart green cucumbers, 1 quart onions, 1 quart green tomatoes, 3 large green peppers, all chopped fine; 1 cup salt, ½ lb. mustard,1 lb. brown sugar, ¼ gal. vinegar, 1 cup flour; 5 cents worth curry powder. Mix dry ingredients to a paste in 1 pint of the vinegar, and when the rest is cooked stir this in and stir for 20 minutes.

Mixed Pickles.—One gal. cucumbers, cut small; 1 gal. green tomatoes, quartered; ½ gal. onions, steamed; 2 heads cauliflower, steamed; ½ doz. green peppers. Scald in strong brine and let stand a day or two, then make the following dressing :1 gal. cider vinegar, 12 tablespoons mustard, 2 cups sugar, 2 tablespoons turmeric, 1 large cup flour, wet with a little cold vinegar. Have the gallon of vinegar boiling, then add the other and boil 5 minutes. Put on the thoroughly drained pickles.

Cucumber Pickle.—Chop 3 cucumbers fine and add a piece of red pepper also chopped fine. Add 1 tablespoon salt, ½ teaspoon celery seed, 3 tablespoons vinegar. Mix all well. This must be used soon, but will keep several days.

Peach Custard.—Line the bottom of a pudding dish with pared and halved peaches, cavities up. Fill these with soft sugar. Make a rich boiled cornstarch custard and pour over, Cover the top with a meringue and brown in the oven. Serve hot. To make the custard: Take 2 tablespoons cornstarch to one quart of milk. Mix the cornstarch with a small quantity of the milk and flavor it. Beat up 2 eggs. Heat the remainder of milk to near boiling, then add the mixed cornstarch, the eggs, 4 tablespoons sugar, a little butter and a pinch of salt. Boil 2 minutes, stirring briskly.

Baked Pears.—Fill a baking dish with whole pears. Wipe them but do not remove stems. Pour around them 1 large cup boiling water ,add 2 tablespoons sugar and bake slowly, basting frequently. Serve cold, with sugar and cream.

Grape Juice.—Pick the grapes from the stems and put them into a clean saucepan with a pint of water to each two quarts of grapes; cover and heat slowly to the boiling point. When the mass is boiling hot, throughout, turn it into a heavy bag to drain;when cool press out the juice remaining. Turn all the juice together, or keep that expressed by pressure by itself as a second quality of juice. Heat the juice to the boiling point, skim and store in fruit jars as in canning fruit.

A Talk on Rheumatism

TELLING HOW TO ACTUALLY CURE THIS COMMON AND PAINFUL MALADY.

This article is for the man or woman who suffers from rheumatism who wants to be cured, not merely relieved— but actually cured. The most the rheumatic sufferer can hope for in rubbing something on the tender, aching joints, is a little relief.No lotion or liniment ever did or can make a cure. The rheumatic poison is rooted in the blood. Therefore rheumatism can only be cured when this poisonous acid is driven out of the blood. Any doctor will tell you this is true. If you want something that will go right to the root of the trouble in the blood take Dr. Williams' Pink Pills. They make new, rich blood which drives out the poisonous acid and cures rheumatism to stay cured. The truth of these statements has been proven in thousands of cases throughout Canada, and the following cure is a striking instance Mr. Henry Smith, St. Jerome, Que, says: "For upwards of a year I was a victim of rheumatism in a most painful form. The trouble was located in my legs and for a long time I was so bad that I could not walk. The suffering which I endured can only be imagined by those who have been similarly afflicted. Doctors treatment did not help me and then I began trying other remedies, but with no better results. Finally I was advised to try Dr. Williams' Pink Pills, and although I had begun to lose faith in medicine, I finally decided to give the pills a trial. I am very grateful now that I did so, for after taking eight boxes of the pills the trouble completely disappeared. I was free from pain and could walk as well as ever I did in my life. I have since taken the pills occasionally as a precautionary measure, and I cannot speak too highly in their favor."

Dr. Williams' Pink Pills cure all the troubles due to weak, watery blood or broken down nerves. You can get these pills through any dealer in medicine or by mail postpaid, at 50 cents a box or six boxes for $2.20 from The Dr. Williams' Medicine Co., Brockville, Ont.

Sugar may be added to the juice if desired, but it is preferable to omit it.

Baked Stuffed Cucumbers.—Wipe and peel large cucumbers, cut in 2-inch pieces crosswise and remove seeds. Mix 4 tablespoons bread crumbs, 2 tablespoons finely chopped cooked ham, and 2 tablespoons grated cheese. Moisten with tomato sauce and season with salt and cayenne. Put the cucumber cups in a shallow pan, fill with the mixture, pour 1 cup chicken stock of broth of any kind around, and bake ½ hour. Remove cover, sprinkle with buttered crumbs and bake until crumbs are brown. The tomato sauce is made by cooking tomato and onion together, and thickening the mixture with butter and flour cooked together. Season nicely. The butter and flour may be browned before the tomato is added.

Spiced Grapes.—Five lbs. grapes, 3 lbs. sugar, ½ teaspoon cloves, 2 teaspoons cinnamon and alspice, vinegar. Press the pulp from the grapes and boil the skins in a little water until tender. Cook the pulp and put through a sieve. Add to the skins and put in the sugar, spice, and sufficient vinegar to taste. Boil all together and seal.

Cranberry Catsup.—Five lbs. cranberies, 1 pint vinegar, 2½ lbs. brown sugar, 3 tablespoons cinnamon, ½ tablespoon cloves (ground,) ½ tablespoon salt, ½ teaspoon paprika. Cook the cranberries and vinegar about 5 minutes. Press through a sieve, add other ingredients and let simmer until thick.

Griddle Cakes Without Eggs.—With the advent of cold weather griddle cakes are always liked. Take 1 yeast cake, 1 cup lukewarm water, 4 tablespoons light brown sugar, 4 tablespoons melted lard, 1 teaspoon salt,2½ cups flour 1¼ cups milk. Scald and cool the milk. Dissolve the yeast and sugar in the lukewarm water ,add the lard, flour, salt and milk. Beat well, then cover and set aside in a warm place to rise for about an hour. When light stir well and bake on a hot, greased griddle.

THE SCRAP BAG.

Vegetable Brush.

Keep a small brush on hand for cleaning celery and other vegetables. It saves both hands and time.

Cleansing Kettles.

Washing soda is very good for cleansing pots and kettles. Fill the utensils with hot water and add a tablespoonful of soda then let boil for a while. The same water may be used for cleaning the sink.

Darning Hint.

By darning diagonally across the weaves, instead of with it, the stitches are not nearly so likely to pull away from the edges of the darned spot.

A Handy Work Basket.

A large shallow basket, lined with chintz or crettonne, with pockets all around, is a most useful step-saver In the pockets put spools of various kinds, thimble, needle-case, tape-measure, hooks and eyes,underwear butons etc. The open centre of the basket will hold any sewing that may be on hand .

Renewing Black Silk.

Old black ribbon or soft silk may be renewed nicely as follows: Soak in a bowlful of warm water to which is added a dessertspoon of ammonia to every pint of water ,and 1 tablespoonful of good black ink. After the materials have been soaked they should be placed on a clean piece of old sheeting spread on a table, and slowly smoothed with a pices of sponge in one direction. They should then be left, covered with the cloth, over night, then pressed on the wrong side with an iron that is not too hot.

Renewing Gloves.

Old black kid gloves that have become shabby at the finger-tips will look fresh again if sponged with ink and allowed to dry well before they are worn again. If hard, rub with a very little olive oil.

Floor Mixture.

Mix together boiled oil , vinegar and turpentine in equal parts and apply to hardwood or stained floors with a soft cloth. It prevents the dust from scattering and leaves the floor clean.

Scorched Vegetables.

Should vegetables chance to become scorched when cooking set the dish at once in another containing a little cold water, and the scorching will scarcely be noticed.

Stained Table Linen.

Be sure to soak table linen that has been stained with fruit juice in cold soft water before allowing it in hot water, as this only sets the stains. A cupful of Javelle water added to the boilerful of water when boiling the clothes will usually remove obstinate stains.

Ripening Green Tomatoes.

When ripening large green tomatoes taken from the vines just before frost wrap each in paper and put them in a dark closet. Look at them every 5 or 6 days ,using the ripe ones.

Blackened Kettles.

To remore the black from the outside of kettles soak them for a few hours in a solution of lye, then scrape and wash well.

Huckleberries for Winter.

The old way of putting huckleberries in molasses is excellent. Drain off the molasses before using and wash the berries. Blueberries do not keep in this way as well as the common huckleberries because the skin is more tender.

An Old Hot Water Bag.

Do not discard an old hot-water bag that has begun to leak. Keep a crock of clean sand in the house, and fill the bag with it. The heat will be well retained.

Bread Fritters

One egg, one-half cupful of milk, butter squares of bread ,one-quarter teaspoonful of salt, lemon cream cream sauce.

Beat the egg, add the salt and milk. Soak the bread in the custard and fry in plenty of butter until lightly browned. Serve with sugar and cinnamon or lemon sauce.

Lemon Cream Sauce

One egg yolk, one tablespoonful of lemon-juice, four tablespoonfuls of sugar, one-half teaspoonful of butter, one-third cupful of thick sweet cream, one-half cupful of water, a pinch of salt.

Beat the yolk, add the sugar, lemon-juice, salt, water and butter. Cook in a double boiler until very thick and chill. Then add the cream, mix well, and use at once.

Soft Raisin Cookies

One cupful of brown sugar, one-quarter cupful of butter, two eggs, one teaspoonful of vanilla extract, flour, one teaspoonful of baking soda, one-quarter teaspoonful of salt, raisin filling.

Cream the sugar and butter. Add the eggs well beaten, soda dissolved in warm water, salt, vanilla, and enough sifted flour to make a soft dough. Roll out, cut in rounds, spread a layer of raisin filling between two cookies, press the filled cookies lightly with the rolling-pin and bake in buttered pans in a hot oven until lightly browned.

A Great Winter Economy.

Few people know the value of old coal ,or cinders. With any heater, sifting coal ashes more than repays for the time and trouble taken. If the ashes are dampened the problem of dust is solved. When the cinders are picked over and freed from melted clinkers, they should be well soaked with water.

Two or three inches of thoroughly wet cinders on top of a bed of new coal makes the hottest and most lasting fire that any coal will produce. One reason is that the fine coal keeps the heat in the heater. Another reason is that the water and coal gas joins to make a new and more powerful gas still. To show what an economy cinders may become, I cite the fact, that, whereas I used to burn twelve and thirteen tons of coal, I now require only about half that amount.

The sifted ashes I never throw away. I use them on walks, on grass, on the lawn, and even spade them into the garden. Mixed with soil, they serve several purposes; they sweeten it, tend to retain moisture, and do away with many bugs and worms. Among the vegetables ,squashes are especially fond of coal ashes; among the flowers—asters. —Sel.

To Keep Grapes.

Select Choice bunches. Seal the ends of stems with sealing wax and pack in cotton batting. Keep in a cool place.

Dried Peaches.

Peaches pared and cut in halves may be cooked in syrup then dried in the sun.When dry, pack in a jar with sugar about them. To use, soak over night and stew in the same water.

What to Serve With "What"?

An old hand-written cook book has the following.—

Always have lobster sauce with salmon,
And put mint sauce your roasted lamb on.
Veal cutlets dip in egg and bread crumb;
Fry till you see a brownish-red come.
Grate Gruyere cheese on macaroni,
Make the top crisp but not too bony.
In dresing salad mind this law:
With two hard yolks use one that's raw.
Roast veil with rich stock gravy serve,
And pickled mushrooms, too, observe.
Roast pork, sans apple sauce, past doubt,
Is "Hamlet" with the "Prince" left out.
Your mutton chops with paper cover,
And make them amber brown all over.
Broil lightly your beefsteak—to fry it
Argues contempt of Christian diet.

Nearly Every Girl Can Make Herself Pretty And Attractive

SOME WHOLESALE TRUTH EVERY GIRL SHOULD THINK ABOUT.

Probably you know just such a girl. Perhaps she is sixteen—good to look at, and pretty—quite interesting because she reflects the graces and charm that give promise of happiness to herself and others. But she is not strong. The color in her cheeks, once so rosy, has faded away—her eyes are listless—the buoyancy of spirit and vigor she once possessed are sadly lacking. Parents, friends, this girl needs Ferrozone—needs it that her blood may be renewed—needs it to restore the nerve force that growth, study and development of her fresh youth have exhausted. This girl will become a queen with Ferrozone—which will restore her color—bring back her old-time energy—give brightness to her eyes and vivacity to her spirits. In Ferrozone every girl finds strength —then she can do things. In Ferrozone there is endurance—that drives away morning tiredness and languor. For the girl or woman that wants to be happy, healthy, winning—who values rosy cheeks, laughing eyes and abundant good spirits, nothing can compare with Ferrozone. 50c. per box, or six for $2.50. Get it today from any dealer in medicine, or by mail from The Catarrhozone Co., Kingston, Ont.

To roast spring chickens is to spoil them,
Just split them down the back and broil them.
It gives true epicures the vapors
To see boiled mutton without capers.
Boiled turkey gourmand know, of course,
Is exquisite with celery sauce.
The cook deserves a hearty cuffing
Who serves roast fowls with tasteless stuffing.

When Apples Are In.

Baked Apples.—Wash, core and quarter firm, tart apples. Put them into a baking dish, cover with cold water ,adding 1½ cups sugar to 6 apples. Bake 3 or 4 hours until they are a dark amber color.

Another.—Take good, tart apples, Greenings are the best. Scoop out the cores and place in a baking pan. Fill the holes with sugar adding a clove or two if liked. Pour some cold water around and bake until light and fluffy. Serve with cream. When baking apples always use an earthen or granite baking dish as tin or iron blackens them.

Fried Apples.—Pare and slice and fry in hot fat. Serve with pork, or by themselves with sugar sprinkled over.

Crab Apple Jelly.—Cover with water and boil until tender ,then strain. Boil the juice 20 minutes. Add the same amount of heated sugar; pint for pint, and cook 5 minutes. Pour into tumblers and when cold cover with melted paraffine.

Sweet Apples.—Pare 6 apples and cut out the cores. Fill the cavities with mincemeat and bake, basting requently. When done remove carefully to slices of hot buttered toast pour the juice over and serve.

Apple Chese.—Take 4 lbs. pared, cored and quartered apples, 2 lbs. sugar, grated rind of 1 lemon and juice of 2, and a teaspoonful essence of ginger. Add 1 cup water and stew gently to a thick pulp. Let cook an hour or more after beginning to boil. Put in small jars.

Apples with Meringue.—Stew apples in a rich syrup. When cold cover with a meringue of beaten egg-whites, sprinkle with nutmeats, and brown in the oven. Serve in the same dish.

Apple Pie.—Line the pie-plate with rich crust, fill with pared apples cut in eights, sweeten well and dredge with flour and cinnamon. Pour over all ½ cup rich sweet cream of boiled custard, put on top crust and bake. To make "deep apple pie" leave out the under crust. More fruit can be used in this way. If preferred the cream may be left out and a generous lump of buter used instead.

Apples and Rice.—Peel 8 apples, halve them and take out cores. Put in a pan with 3 oz. butter, sprinkle with sugar, add the grated rind of half a lemon and bake until tender. In the meantime boil 6 oz. rice with 1½ pints milk, sugar to taste, and 1½ teaspoon grated nutmeg. When done arrange in a mound on a platter, place the apples around and serve hot.

What to Do With Pears.

Pear Marmalade.—Wash the pears and remove stems and blossom end. Cut the pears in bits and put in a kettle with a very little water. Set in another vessel holding water and cook to a pulp ,then rub through a colander. To every pound of pulp allow ¾ lb. sugar. Cook until smooth and thick enough to drop from a spon in clots. Put in small glasses and when cold cover with paraffine.

To Can Pears.—Take 10 lbs. pears, pared halved and cored, 5 lbs. sugar, 1 lemon sliced thin, and 1 teaspoon ground nutmeg, 1 teaspoon cinnamon and a small piece of ginger-root, all tied in a bag. Cook until the pears turn pink, then can.

Pears with Cream.—Ripe pears are delicious when cut up and served with cream and sugar. Heap whipped cream on top of the dish.

Baked Pears.—Select ripe pears, cut them in halves and arrange in a granite baking dish. Mix ½ cup sugar with a cup of boiling water and stir until dissolved. Cover and bake slowly, basting frequently with the syrup. Serve with cream.

Preserved Pears.—Select firm, ripe pears. Pare them and cut in halves, dropping them into cold water. Put parings and cores on to boil with 1 quart water, cook 15 minutes, strain and add to the juice enough water to furnish 1 quart to every 4 lbs. sugar. Allow ¾ lb. sugar to every pound of fruit. Boil and skim the syrup clear, adding a little lemon juice and a small piece of ginger-root to each quart. Put the pears in the syrup and simmer until tender; lift the pieces out carefully and put in jars. Boil the syrup down until rich and thick, pour it over the fruit and seal. If the pears are a hard variety they must be cooked tender in clear, boiling water before they are put into the syrup.

Pear Pudding.—Take 1 quart pared and quartered pears. To a cup of sugar add a cup of water. Let this boil, then add the pears and stew gently until tender. Soak about half a small loaf of stale bread in tepid water until soft, then press dry and crumble fine. Melt ½ cup butter, add the crumbs and stir until almost dried out. Beat the yolks of 3 eggs and ½ cup sugar until light, then add ¾ teaspoon cinnamon, the bread, and the stifly beaten whites of the eggs. Butter a granite baking dish, Put in half the pears, then the bread mixture, then the rest o the pear. Cover and bake slowly 1¾ hours. Serve hot with sauce or cream.

Starchy Foods.

Potatoes and all kinds of cereals contain starch, a substance that cannot build tissue, but is very valuable for all that ,as a producer of energy and heat. As many be judged, starchy (or carbohydrate) foods alone do not make up a perfect dietry; proteid foods—meat, cheese, milk, eggs, beans, lentils etc.—must be added to rebuild the tissues that are always wearing out, while, for greater fuel value, it is necesasry to add fat or oil in some form.

The most important cereals are wheat, Indian corn, oats, rice, rye and barley ,and these may be cooked in very appetizing ways.

Boiled Rice.—When properly cooked rice should not be a dark-colored, gluey mass; it should be white, and every grain should be separate. Measure 1 cupful of rice to 2 quarts of water. First wash the rice well and drain it thoroughly. Have the 2 quarts of water boiling very rapidly. Drop the rice in, little by little, so as not to stop the boiling, and boil rapidly, uncovered about 20 minutes, or until the grains are soft. When nearly done add a teaspoonful of salt. Next turn into a fine colander or strainer to drain, and wash by pouring on plenty of cold water. Drain well and reheat. Rice cooked this way may be served with meat and gravy, instead of potatoes, or may be served as a pudding with cream and sugar.

Potatoes contain too small a quantity of tissue-building foodstuffs to be depended upon alone. They must not be made the principal item of diet, but must have added to them meat or some of its equivalents, with a little fat in some form. For instance, a potato dish prepared with cheese and cream or butter may be very nutritious. To make it, boil and mash the potatoes and beat until light with a little cream, butter, salt and pepper. Add a little grated cheese put more cheese over the top,and bake in a dish in which the potatoes may be served. If the cheese is not liked, the beaten whites of two or three eggs may be carefully folded in instead Another way is to cut boiled potatoes into small cubes, put in layers alternately with pieces of hard-boiled eggs, pour a cream sauce over, and bake. Potato salads are also quite nutritious if mixed with hard-boiled egg and a dash of onion. Or the egg and onion may be omitted and chopped nuts used instead. All potato salads need plenty of good salad dressing and should be served on lettuce leaves. In making the dressing, melted butter or salad oil should be incorporated to supply the necessary fat. Scalloped potatoes also are quite nutritious. Pare and slice the potatoes, parboil in a little water, then drain, cover with milk,add dots of butter, and bake. Many in making scalloped potatoes do not add salt until serving for fear of curdling the milk.

Breakfast cereals should always be cooked in a double boiler, which may be improvised by setting a smaller saucepan in a larger one containing water. Most books on cookery recommed cooking oatmeal 6 hours, or soaking it for several hours then steaming in double boiler for three. Coarse flaky cereals should be stirred as little as possible, fine ones may be beaten. As a rule all cereals may be cooked twice as long as directed on the package. If too moist when nearly done should be cooked uncovered for a while. Cereals are all valuable foodstuffs, oatmeal and cornmeal being particularly valuable in winter on account of the fat they contain. Cornmeal is also said to be rich in "vitamines," so valuable in preventing anaemia. For summer many people who find oatmeal and cornmeal too heating prefer barley, wheat preparations and rice. All cereals should be served with milk and cream to supply extra fat and protein.

SCOTCH BREADS LIKED BY TOURISTS.

Almost every nation has breads peculiar to itself, but not all of these attract the attention of tourists. Some recipes find their way into our cookbooks; others, however, become known by word of mouth, All dishes of other countries have to be carefully prepared, or they will not keep their popularity so far from thei r home atmosphere. The Scotch housewife is often frugal in her use of the richer ingredients, and to get her results we must follow her methods.

Scotch Oat Cake—Put a half pound of fine Scotch oatmeal into a mixing bowl. In a cup put a pinch of baking soda and a piece of butter the size of a hazel nut; add a half cup of hot water and stir until the butter is all melted. Then mix with the meal in the bowl, using a thin bladed knife; when the mixture is blended, turn out on to a molding board and knead it with the knuckles, keeping it round and not letting it crack at the edges. Strew plenty of dry meal over it and roll with a crimped roller, brushing off all the loose meal which does not adhere to the dough. Roll about as thick as an old copper cent; then cut the cake in three pieces and place them on a griddle to toast. As they get done, move them to a hotter place. Try them with the thumb nail to see when they are done, and, if they have ceased to be doughy, remove them to a toaster to dry but do not let them burn. Stand them carefully on edge to cool. The cakes may be made to replace the number on the griddle and the toaster as fast and as many as desired.

Scotch Shortbread—Beat on e pound of butter to a cream and sift into it gradually two pounds of flour, a quarter of a pound of sugar, half an ounce of caraway seeds, a few strips of candied orange peel, and one ounce of blanched sweet almonds chopped fine. Work the paste until it is very tmooth, then cut it into six pieces, putting each on a square piece of writing paper, roll it square and about an inch thick. Pinch the edges, prick the surface, and ornament it with a few pieces of the candied peel, and bake about half an hour.

Scotch Cakes—Cream together one pound of butter and three quarters of a pound of brown sugar, a tablespoon of caraway seeds, a teaspoon of cinnamon and a pound and a half of flour. Mix well, roll, cut in squares, and bake.

Scotch Scones—Put one quart of flour in a mixing bowl with one teaspoon of sugar, a half teaspoon of salt, and two teaspoons of baxing powder. Rub in one large tablespoon of lard, two beaten eggs and three quarters of a pint of milk. Mix the dough smooth and turn it on to the moulding board. Roll it out an eighth of an inch thick, cut into squares the size of a soda cracker and fold over the diagonal corners to make them three-cornered. Bake on a hot griddle eight or ten minutes, cooking them a delicate brown on both sides.

Best Liniment of All Destroys Every Pain But Never Burns

"How thankful we are to get hold of such a wonderful household remedy as Nerviline," writes Mrs. E. P. Lamontague, Alberta. "In this far away scetion, far away from a doctor or druggist, every family needs a good supply of liniment. Nerviline is the best of all. It destroys every pain, but never burns. We use Nerviline in a score of ways. If it's rheumatism, aching back, pain in the side, sciatica or stiff neck,—you can laugh at them if you have lots of Nerviline handy. For earache, toothache or cramps I don't think anything could act more quickly. For a general-all round pain remedy I can think of nothing more valuable and speedy to cure than Nerviline.

The above letter is convincing— it tells how reliable and trusy this old-time remedy is. Nerviline for forty years has been a household word in Canada. Scarcely a home in Canada you can find without Nerviline. Every community has its living examples of the wonderful curative properties of Nerviline which will cure pains and aches anywhere in the joints or muscles. It's penetrating, soothing warming and safe for young and old to use. Get the large 50c family size bottle; it's the most economical. Small trial 25c at all dealers anywhere.

HOW TO CARE FOR BABIES.

Trained Nurse Gives Demonstration in Store Window.

While some reformers are fighting political cliques and others working for economic reforms, Wisconsin has plunged into a campaign for breeding better babies. There are two campaigns in progress in the state. One is the campaign for proper conditions before birth, typified by the eugenics law which denies marriage licenses to those not physically fitted for married life; the other looks to ward the education of mothers in the proper bringing up of babies, once they have arrived on earth.

The University Extension division of the University of Wisconsin, in its home economics section, and the Wisconsin Anti-Tuberculosis Association, are both doing a unique work in this line by using a life size doll for the education of mothers in just how to care for their little ones. For weeks in a crowded part of Milwaukee, a trained nurse seated in a store window with a doll baby, repeatedly went through every detail of the process of dressing and undressing the baby. Emphasis was laid on the proper way to hold the child, as well as to the kind of clothing that should be used.

The "baby" imitated nature closely. In fact, one child remarked that its legs were "crooked, like a real baby's, and not straight like doll's legs."

The demonstration baby was also shown in cariole—an ideal device in which to place the baby when out of doors and one which can be made with a little ingenuity at home. It is really a child's bed on wheels, but with the high sides to the bed made of wire screen and a screen cover fitting tightly over it all. The sides fit together with hinges, and the entire bed is so made that it can be taken entirely apart.

WEDDING CHANGES

Heretofore a wedding has been just a wedding so conventional that it seemed a settled and established arrangement as unchangeable as "the law of the Medes and Persians." But of late everything about it has altered, from the size of the stationary on which the invitations are sent out to the bridal gown itself. For this one of the foremost designers now offers a dress overdraped in pale pink tulle and a bridal wreath of a matching tint to the flesh color of the costume.

Bridal wreaths at the present hour are all of the same flowers, whether of artificial or natural blosoms. They are arranged in the fashion of frail bands bound straight around the forehead. And the veil is either draped close to the outline of the head or falls from the back of the coiffure, leaving the crown of the head nucovered, says the New York Sun. The unlovely Dutch cap wedding veil has mercifully disappeared.

The dominant note now is individuality, and to this end it is becoming more and more a prevalent custom to have the veil draped on the bride, and the awkwardness of the ready-to-wear veil, even when from the best of milliners, is in this way escaped.

The tulle veil is also more and more chosen rather than one of lace. The newest of all the tulle veil that is formed into a long train, one that allows at least three and a half yards to rest on the floor. This train is unlined, but is satin, trimmed with tiny outlining ruffles. The bridesmaids must of course, carry it. This train is especially planed to soften the ground line of the short length dres.

No less radical is the change in the boquet. It is no longer of white roses, nor is it made in the same shape as in seasons pats. It is now actually an arm boquet, because if properly made its weight comes against the arm and does not strain the hands of the bride in holding The flowers of which it is correctly composed are pure white and of the smaller kinds, either all orange blossoms or jasmine and lilies-of-the valley or white orchids mingled with some other tiny flowers. There are a dozen designs to choose from.

From the bridesmaids' bouquets roses have their opportunity. Even the white ones may be selected if mingled with colored flowers.

Wedding invitations are longer than they have ever been, not in wording, however, but in stationary size. And the plate mark (or dent where the plate for engraging rests) is still the most popular paper.

Also there is something new in a wedding invitation or "sheet," as it is always called, with the envelope flap attached. This requires but one additional envelope for mailing.

The inner envelope for any invitation, it may be noted, should never be gummed, nor have the gum mark on it.

The bridegroom, who usually feels so unimportant at the wedding, as if merely necessary to the ceremony, has his full share of honor on the invitation, for his baptismal name must appear, not his initials. In fact all abbreviations are properly omitted on the wedding invitations, with the one exception of "Rev."

The style of lettering is largely a matter of taste, for as the cost greatly varies in the different kinds of lettering no set rule could be made for the use of any especial one unless all pocketbooks were filled alike. In fashion the script style of lettering, like the broook, "goes on forever." "age can not stale it, nor custom dim."

An announcement card is so decidedly a social requirement that it is almost a legal requirement. And woe betide the bride who forgets to send her husband's parents an anonuncement card when all others are being sent out.

POULTRY

Keep the Henhouse Clean

The farmer who would allow his cattle or horse stable to go for several days without cleaning would be considered slovenly by his neighbors, and yet the men who are very particular about keeping their main stable clean allow the henhouse to go for months without removing the litter and excrement. It is not necessary that the henhouse, where no dropping-board is used, be cleaned every day, but it should be done once a month at least. Give it a thorough cleaning in the fall. Sprinkle a little lime over the floor, which tends to disinfect it, and it does not harm to whitewash the interior. This can be applied either with the brush or a spray pump. If carbolic acid, Zenoleum, creolin, or some other dininfectant is used it will aid in destroying the vermin. No one can afford to keep hens that are infested with lice or mites. Fresh straw should be placed on the feeding floor every month; it should be from six inches to a foot deep in order to give the hens plenty of exercise searching for their grain feed. There is no better way of getting the blood in circulation and heating the bird's body than by vigorous exercise in the morning. Consequently, many poultrymen make a practice of sprinkling grain in the litter after the birds have gone to roost so that they are induced to scratch, the first thing in the morning. This straw becomes cut up and more or less dirty in a few weeks' time, which necessiates a cleaning of the pen. If the droppings are left to accumulate underneath the roost, they commence to heat and the moisture given off is not good for the birds. Clean the pen in the fall, and aim at keeping it clean all winter. It is as important as keeping the main stable clean. Poultry will not do well in filth any more than will other live stock.

A greater interest in the rural life of the Province.

The growth of the creamery industry has made its effects apparent already throughout the Province of Nova Scotia. More interest is shown in the aim to keep better stock, to grow more feed, and to get a more profitable dairy cow.

CANADA NEEDS MORE POULTRY; GREAT BRITAIN MORE EGGS

At no time in the history of the Dominion has the necessity for increased production of eggs and poultry been more apparent than at the present time. The demand is unprecedented. This is true whether for export or for home consumption. Consumers generally and even producers themselves are eating more and more eggs. The average per capital consumption of eggs in Canada this year will be greater than ever before.

The market for Canadian eggs and poultry is very firm. Prices to producers are extremely high but even at these prices trade is increasingly active all over the country. The prospects for a continued demand are very bright. The country is facing a shortage ,not only of current receipts, but of Canadian storage stocks as well. So great has been the export demand that we shall be obliged to import to meet our own requirements. Increased production has never rested upon a more secure foundation.

That poultry on the farm are profitable needs no argument. Eggs now rank as a staple article in the products of the farm. Poultry flocks can be increased materially without much additional outlay for buildings and equipment, and the increased labor involved is not such as will bear heavily upon the time of those charged with the care of the stock .Some object to the present price of feed, but when it is considered that the selling price of the product is from forty to sixty percent higher than it was two years ago, the margin of profit is such as will compare favorably with that obtainable elsewhere on the farm.

No less radical is the change in the boquet. It is no longer of white roses, nor is it made in the same shape as in seasons pats. It is now actually an arm boquet, because if properly made its weight comes against the arm and does not strain the hands of the bride in holding The flowers of which it is correctly composed are pure white and of the smaller kinds, either all orange blossoms or jasmine and lilies-of-the valley or white orchids mingled with some other tiny flowers. There are a dozen designs to choose from.

From the bridesmaids' bouquets roses have their opportunity. Even the white ones may be selected if mingled with colored flowers.

Wedding invitations are longer than they have ever been, not in wording, however, but in stationary size. And the plate mark (or dent where the plate for engraging rests) is still the most popular paper.

Also there is something new in a wedding invitation or "sheet," as it is always called, with the envelope flap attached. This requires but one additional envelope for mailing.

The inner envelope for any invitation, it may be noted, should never be gummed, nor have the gum mark on it.

The bridegroom, who usually feels so unimportant at the wedding, as if merely necessary to the ceremony, has his full share of honor on the

Canadian egg-producers have responded well to the call for increased production. The country as a whole which was importing eggs a few years ago, has, in the aggregate, produced more than sufficient for its own requirements this year and last. Between seven and eight million dozen Canadian eggs were exported to Great Britain last year, and as an indication of what is going forward this year, nearly one million dozen were

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