

MAGAZINE



GUARDIAN

School and Home

Ginger snaps.

One cup sugar, one cup molasses, one cup shortening. Roll this and add one large teaspoonful soda. Ginger to suit taste, a pinch of cayenne pepper, a little cinnamon. Flour enough to make very stiff. Roll thin and cut.

HONEY CREAM.

Put two cupfuls of milk, three tablespoonfuls honey and the grated rind of half a lemon in a double boiler and allow to come to the boiling point. As soon as the milk begins to boil stir in briskly the beaten whites of four eggs. Stir until the mixture thickens, remove from the fire and when cool stir in one-half teaspoonful of almond extract. Serve cold in small sherbet glasses.

Fruit Cake.

One lb. butter, 2 lbs. currants, 2lbs. raisins, 1 lb. brown sugar, 1/2 lb. citron, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg, 7 eggs, 1/2 lb. almonds (chopped), 1 teaspoon allspice, 1 teaspoon soda, 1 tablespoon molasses, 1 lb. flour.

Sour milk to mix quite stiff. Steam three hours and bake three-quarters of an hour in a slow oven.

Lemon Pie (No. 1).

Grate the rind of two lemons, mix in one-half cup of sugar, two table-spoons of sifted flour, a pinch of salt, and then squeeze in the juice of the lemons. Add yolks of three eggs well beaten and two cups of water and a dessertspoon of butter. Cook this until it thickens, keeping it stirred. When thick pour into your pie crust, already baked. Beat up the whites of the eggs and cover pie. Put into oven to brown. If stronger flavoring is required, use three lemons.

Lemon Pie (No. 2).

One grated lemon, four table-spoons sugar, one of butter, one-half cup of water, yolks of four eggs beaten. Put in the oven and bake. When done have ready the whites beaten stiff with three table-spoons of white sugar. Spread over the custard and put back into the oven for a few minutes.

THE AFTERNOON NAP.

Some women believe that in order to properly secure a little nap during the warm afternoon, it is necessary to disrobe entirely and open up the bed which has been neatly made for the day.

This takes time and disturbs the neatness of the bedroom, so that when

the sleeper gets up, much work has to be done to make it appear as it should. Other women lay themselves down just as they are in more or less stiff corsets, uncomfortable clothes and with the hair dressed neatly and firmly, which hair dressing does not make the most comfortable pillow in the world.

In hot weather, this latter way of taking a nap is apt to leave the sleeper wet with perspiration, weak and nerveless. I would recommend a compromise between the two methods, avoiding the undesirable features of both.

If one has not sufficient time to disrobe it is better to lie back in a large easy chair and relax every muscle. Have the room darkened and let it be understood you are entitled to fifteen minutes rest without interruption.

Even this short time will refresh you, if all care and worry are banished for the time. If the house is very warm and the would-be napper also much flushed and over-heated, I counsel her to remove all her clothing and with a towel wrung from tepid water give the body a gentle rubbing, drying well afterwards with a rough towel or two.

A little talcum powder is pleasant; used after such a sponge bath. Alcohol put into the water from which the towel is wrung also adds to its coolness. If one does not object to its characteristic odor. Then the negligee and the siesta will be found pleasant and comforting.

THE HOME AND THRIFT.

The school may do much to teach thrift among the young, but it cannot do as much as the home. In this the nursery of the nation, the fundamental things of life are instilled into the mind of the child. In proportion as this is done well, or badly, will the next generation make valuable citizens.

The people of France, Belgium and Holland are famous for their thrift. How did they become so? Through the influence of the home. Necessity, combined with good sense, years ago taught the fathers and mothers in these countries to be thrifty and the lessons of thrift have been faithfully handed down from one generation to another.

The rising generation of Canadians will be thrifty if thrift is taught and practised in the homes of this country. The school may do much to promote saving, but it cannot do nearly as much as the home, since the former only has the child for a few hours a day.

War Savings and Thrift Stamps are the best means of teaching and practising thrift at home. They are within the reach of all, and they pay well. No well regulated home should be without them.

Farm

GROUND BARLEY MAKES GOOD FEED FOR HOGS.

Barley is an excellent feed on which to raise and fatten hogs. It has a feeding value about equal to corn, but the quality of the pork is better than that produced with corn. To get the best results from barley it must be harvested, threshed and ground. Barley meal mixed with other feeds and soaked for from 12 to 16 hours, starts fermentation and thereby increases the digestibility of the whole mass. It should not, however, be allowed to stand so long as to generate an acid which will injure the alimentary tract of the pigs consuming it.

A variety of feeds invariably give better returns in increasing weight and producing meat of the right quality than any one feed. Probably pease come the nearest to a perfect feed for pigs of any feeds we use, but they do not produce well on all soils, and cannot be relied on in all localities.

Wheat middlings are an excellent feed to start the young pigs, and can be profitably used with other feeds during the whole feeding period. When used alone the meat made from the middlings seems a little too soft and flabby, but mingled with other feeds, like cornmeal, it adds palatability, and also helps to balance the rations, making economical production more possible than can be the case without them.

Use of Poultry Manure

Poultry manure contains about 20 pounds of nitrogen, 16 pounds of phosphoric acid and 9.6 pounds of potash per ton. This high nitrogen content fits it especially well to fertilize vegetables. Timothy is also well suited to utilize the plant food in poultry manure. When used in connection with acid phosphate at the rate of 100 pounds to each ton of manure, it can be used with good advantage for corn. In using poultry manure remember that it has about twice as much nitrogen and twice as much phosphoric acid as ordinary barnyard manure and its rate of application should be about half as many tons per acre as in the case of barnyard manure. Sprinkling sawdust or muck to finely cut straw together with acid phosphate under the roost will have a tendency to save much of the nitrogen which might otherwise escape. Lime and wood ashes should never be mixed with manure of any kind. The action of the calcium will cause very serious loss of nitrogen.

Minard's Liniment Cures Colds

Turf

JOHN E. MADDEN

Having retired as a public breeder of thoroughbred race horse, John E. Madden can now pause and look over the record which he made during the past thirty years in the annals of the American turf. As a dealer, racing owner and breeder, his success in the language of Dominic Sampson has been "prodigious". No magician from "hither Barbary" ever met him on the street and led him like Aladdin to the enchanted lamp of easy fortune, as all that came his way can be traced to constant application, quick thinking and skillful management, backed by a thorough knowledge of the business in which he played so prominent a part.

Madden first attracted attention in the racing world at the Cleveland Grand Circuit meeting in 1887 when he started the gray gelding Class Leader and gave him a record of 2.22 1-4. He was a rather weak reed to lean on but his failings taught his athletic owner what to avoid in subsequent purchases. In 1890 Madden appeared again on the firing line with the Electioneer mare Suisun, which to all appearances had the \$10,000 M. & M. at Detroit won when the race was postponed and Walter E. landed the event the following day. He was also ready to make another bid for the event the next year with Wyandotte but the Indiana bred trotter died from an attack of colic a few days before the race was called. In the interval Madden had also given the public notice of his operations as a dealer by paying \$35,000 for Robert McGregor.

Abbie V. was his next prominent performer, and while Turner was racing her on the Grand Circuit, Madden decided to go over to the gallopers. It was not long before he made a place for himself in that sphere, his thorough knowledge of balancing and fitting giving him an opportunity to make good with horses which others had discarded. This, with that undeniably quality of being able to select future champions in the rough, soon carried his name into the list of winners. While Hamburg was his greatest selection, the laurels won by Yankee, King-James, Fitz Herbert, Plaudit, Sir Martin, Ormondale, Salvadore, Star Shoot, The Finn, Ogden and a host of others, which he bred, raced or owned, will be recalled so long as racing folk refer to the leading horses of their day. But even with them, the limit was not reached as the returns for the past two years shows that Madden sent out from Hamburg Place five hundred and forty-seven winners, his nearest rivals in that respect being Harry Payne Whitney with two hundred and ninety-five and August Belmont with two hundred and eighty-eight.

Notwithstanding his success as a breeder of race horses, John E. Madden has always had a fondness for the trotters and whenever he started one, it was found in the first flight. In 1908 he made a sweep with Hamburg Belle, her three winning heats in the \$10,000 Charter Oak Purse at Hartford being the best on record up to that date. The following year she also defeated Uhlman in 2:01 1/4, the world's race record. Her sale for \$50,000 also gave the world an idea as to the value of a good trotter, while her campaign was followed by the splendid series of races won by Tenara and Soprano in the same colors.

After they were sold for export to Europe, the progeny of the little band of trotting bred mares at Hamburg Place began to appear on the turf. All of them were speed marvels, the group including Brighton B., Nancy McKerron, Dagastan, Margaret Parish, Straight Sall, as well as the flying two year old Walnut Tree and Periscope.

Among turf men who have always been willing to buy or sell racing speed for the high dollar, John Madden will always find a place. He has, in all probability, sold more race horses for big money than any man who has been identified with the industry in Kentucky and it is just possible that his two sons will succeed him in the business. One of them, Edward, who was a leading all around athlete at Princeton, is now a captain in the Army of Occupation in Europe, while his brother Joseph, after doing his bit in the war, is now at the same university.

In feeding the corn bear in mind that it is bone and muscle that it needs, and the nitrogenous foods are what should be fed, such as oats and bran.

An ill-fitting collar is like an ill-fitting shoe on the human foot. You wouldn't wear a shoe, would you, that caused corns, bunions and blisters? Be careful and humane.

DON'T LEAVE THE DOOR OPEN

When the door of Food Folly is left open Disease stalks in. Many disease epidemics that sweep over the country are caused by poor food and under-nourishment.

Shredded Wheat

supplies all the body-building nutriment in the whole wheat grain prepared in a digestible form. It contains more real nutriment than meat or eggs. Two of these crisp brown little loaves of baked whole wheat with milk or cream make a complete, nourishing meal.

MADE IN CANADA

How the Hot Spot Makes Chalmers One of the Few Great Cars

The cylinders of an engine are like the stomach of a man. Unless food is thoroughly chewed up before it reaches the stomach there is liable to be indigestion. In most cars today gas arrives in the cylinders in too large globules. The Hot Spot in the Chalmers prevents this. For it "cracks up" and heats the gas. As soon as it strikes the Hot Spot gas is "pulverized" into a most minute "vapor powder." Engineers call this "dry gas." Then the gas is passed quickly through the Ram's-horn which equally distributes the gas among six cylinders and makes it arrive at each cylinder at exactly the same time and travel the same distance. Which means not only more power from less gas, but hitting on all six all the time, amazing ease in starting on a cold day, less friction, less vibration, and hence a cool running engine on a red hot day. To miss a demonstration in a Chalmers nowadays before purchasing a car--no matter what price you pay--is to miss an experience worth making a day's march to find.

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