

# OF INTEREST TO FARMERS

### THE LARGEST HORSE FARM EAST OF MANITOBA

(Experimental Farm Note)

It is not generally known that the most important horse breeding establishment east of Manitoba is situated at St. Joachim, County of Montmorency, Province of Quebec. This farm was started by the united efforts of the Dominion Department of Agriculture, the Quebec Department of Agriculture, and the French Canadian Horse Breeders' Association. The work is being carried on by the first-named and is under the direct supervision of Mr. Gus Langelier who is also Superintendent of the Dominion Experimental Station, Cap Rouge, Que. There are at present, on the horse farm, over ninety horses, all purebred French Canadians; an idea of the scale on which breeding operations are conducted can be had when it is known that twenty-two mares have youngsters this year whilst thirty-four are due to foal in 1923.

It is fully admitted that part of the work is to improve French Canadian horses, but it is also clear that most of the problems of horse breeding, feeding, housing, and management can be investigated as well with this breed as with any other. These problems are quite numerous, especially in feeding, housing, concentrates, pastures; in housing, the big special barn part of the cattle barn partitioned off cheap single-boarded shelters; in management, work or no work for breeding animals, prevention of diseases in youngsters, raising autumn colts. These in themselves show the advisability of having a staff of men on the farm.

What will be the future of the place? From an investigational point of view it is assured, as even a quarter of a century is not near long enough to solve many of the problems. As to the effects of any improvement of the French Canadian horse accomplished thereby and the scope of the distribution of improved breeding stock, the future of that enterprise is really in the hands of the farmers of the Province of Quebec. If they show enough interest, no doubt French Canadian horses will continue to be bred at St. Joachim; but if it is found out, which is improbable, that French-Canadian stallions and breeding stock are not in demand, then it will surely be in order to look into the question of using another breed for the experimental work of St. Joachim.

In the meantime, old Quebec can boast of having the most important horse breeding establishment in Eastern Canada.

### GUARD AGAINST LICE AND MITES

(Experimental Farm Note)

No man keeping poultry, either upon a large or small scale, can expect a profit from his operations if his flock and his poultry house are infested with lice and mites. These can be easily brought upon perfectly clean premises, possibly by the introduction of fowl purchased elsewhere. Sparrows are also a frequent spreader of these troubles, and there are numerous cases where no apparent source can be thought of, yet lice and mites are found to be in possession. The former may be readily controlled by providing a good dust bath and by the use of Blue Ointment or one of the many lice powders that are on the market.

The control of mites, however, is not so simple. Unlike the hen house these are not, as a rule, found upon the fowl, neither are they killed by dusting. They are found usually in cracks around the roosts and nests and will be readily detected upon examination of these localities. At night, when the fowls are on the roosts, these mites may readily be seen issuing from the cracks and running along the roosts. The only method of control is thorough cleaning and disinfecting of the premises. Remove all droppings, litter and nesting material, scrape and sweep out every particle of dirt, and give the house a thorough soaking with a strong disinfectant, forcing it by means of a spray pump into the cracks. Whether mites are known to be present or not, the roosting and nesting quarters should be treated weekly during the summer, since the mites breed very rapidly during the hot weather. Ordinary

coal oil will kill mites but as it evaporates quickly its effects are not lasting. A good disinfectant mixture may be made by adding crude carbolic to the coal oil, about a quart to a gallon of the latter, or by adding one of the coal tar disinfectants such as zenoleum or paeoline.

The reader will readily see how desirable it is to have all nests, roosts and dropping boards made movable to facilitate cleaning and disinfecting operations. If yours are stationary at present, you will find it a good day job to change them and make them movable. It will be time well spent.

### NEW FARM MACHINERY

The innovations of the new age of farm machinery invention should serve as a most effective contradiction to the idea that in anything we have reached a permanent type of farm machine. Twenty years ago at a time when the binder had really just reached its stage of perfected and standardized form, and old experience farmer predicted that the extreme development of farm machinery had been reached. "No further invention to lighten the work of the farmer could be made," said he, "this making of machines has gone so far as it can—there will never be anything more."

What would that old fellow say should he see the farm machinery of today—a tractor for example he would probably be embittered and bewildered as are all those of his kind who have outlived their day. For underneath this, as if such a thing as a permanent type of farm implement is possible, its realization is to say the least, extremely remote.

In the binder there is a machine with a half century of evolution behind it, yet in the past year or two there have been brought out designs that the use of tractor power has occasioned. A large ten-foot cut tractor binder and a special tractor driven and hauled design. Besides, this, notice the minor refinements that have been made in this most standard of farm machines in the common horse-drawn types, the large size ten-foot cut machine, the increasing use of high grade anti-friction bearings "overhead" packers, the quick turn tongue trucks, the development of combination head or binders and push-binders and the use of attached binder engines.

Then too we have the work of the binder completed by the mechanical grain shaker this is turned by various form of shock and sweep rakes, and shock gatherers and carrying trucks, and finally the chain of mechanical processes in the harvest field is completed by the mechanical grain pitcher and thrasher feeder.

It is doubtful if any farmer has ever yet assembled and used in conjunction all this group of machinery to the exclusion of hand labor in his harvest but it would be easily possible.

With a four-machine system, a binder, shock shocker loader or gatherer and the grain pitcher the farmer gets his grain to the thrasher cylinder with practically no hard manual labor.

The man with the pitchfork becomes almost a thing of the past—but the investment in machinery is considerable, ranging from a minimum of \$1,500 over double this figure, depending largely on the type of shock loader or gatherer selected. But one cannot regard this system as reaching the apex of efficiency in harvesting methods. There are other methods that reduce the number of operations, that require fewer machines cause less waste, and more effectively secure the safety of the crop.

There is the header method either stacking the grain or under favourable conditions threshing it directly from the header barge decker or the grain pitching machine greatly facilitates operations and eliminates hand labor.

There is further the stacker-harvester method, which with the grain pitcher would be a three machine system. With this there is little or no expense for twine, less waste of grain, and the crop is not exposed to any such wither method. The stacker harvester cuts the

grain and puts it up in small stacks which are dumped and left standing in the field. This means that in place of from twenty to thirty shocks of bound grain there will be one of these small stacks. These small stacks are carried to the threshing machine in their entirety by means of a specially designed push or sweep rake. It would certainly seem that the grain pitching machine could be used to advantage with this method, as the hand pitching of loose straw into a thrasher feeder is a hard job.

Approaching very close to the limit of efficiency in harvesting methods is the use of the combined harvester-thresher described in these columns a year ago—the familiarly termed "combine" originally of the Californian plains now being employed to an increasing extent throughout the Western grain fields. These machines cut and thresh the grain in a single operation and range in size from thirty-four down to a nine-foot cut. It is very probable that within the next few years we will see developed combined harvesters small enough to be used anywhere it is feasible to work a binder. There are five-foot cut harvester-threshers of the stripper type in use in Australia now. A still further improvement will be a machine that not only puts the grain in the sack but puts the straw in the bale, or even tied up into a thatch as well.

This outline is merely indicative of the trend of harvest method development. In all other branches of farm work mechanization and improvements are being made, and it is probable that the way is being paved for a more efficient and economical method of ploughing and its attendant tilling and seeding machines and implements may yet be very largely superseded by combined soil tilling, fertilizing, and seeding machines that will reduce the planting of most all crops to a single operation, as great changes are about due in the handling of the hay crop. There is now a combined loader-baler that puts the hay directly from the swath of windrow into a round bale of artificially, curing or drying the hay crop for behind.

Nor is the corn crop husker, and a more recent invention, the combine harvester, a machine that converts the standing corn into silage and delivers it to an accompanying wagon at one passage over the field.

Everything considered it is very plain that we are very far from an age of permanent forms of farm machinery, or even one of quiescence in its development and it is probable that the inventor and the engineer will be the honor of solving the farm-labor problem rather than to the social agitator or the public.

### WITH PROPER CARE MOST COMMON POULTRY DISEASES CAN BE PREVENTED

(Experimental Farm Note)

During the past few years the increasing demand for eggs of a standard quality and the high prices prevailing for this commodity, have led to an effort amongst Poultry Instructors and Pioneers in poultry raising, to stimulate this industry by advocating the use of backyard in cities and wage-grown rural districts for maintaining a small flock of fowls. It has been shown that a decided profit can be made where ordinary precautions are taken in regard to feeding, cleanliness and selection of breeding stock.

With proper care most common diseases can be prevented and of all the measures directed towards this end, sanitation plays the most important part.

This is especially true on small holdings where the runs are limited and must of necessity be used year after year. Where it is not possible to rotate the runs, the entire surface after being covered with a good coating of air slaked lime should be ploughed or spaded. This precaution serves to keep parasites such as tapeworms, round worms, gapeworms, etc. in check by destroying the eggs which are nearly always present in the soil. Droppings from fowls should never be spread on land to which chicks have access and during the fly-breeding season, all manure should be kept in covered boxes or treated with some good disinfectant before being put upon the land. This applies more particularly to small holdings and to plants devoted exclusively to raising poultry. All chicks which die should be burned and if of good plan to kill all weaklings and dispose of them in a similar manner. Close observation is essential to pick out ailing chicks or fowls and these should be isolated from the remainder until the exact nature of the disorder is determined. Particular attention should be paid to the feed and drinking water and where young chicks are concerned a daily renewal of the drinking fountain and feeding dishes will well repay such effort. Tuberculosis is a disease of adult fowls and is less frequently observed in pullets than in older birds. Tuberculosis is usually introduced by buying pullets or stock from outside sources and such a practice is to be discouraged except when purchasing from reputable poultrymen. Where exhibition stock is kept all show birds should be congeniated for at least two weeks upon their return from exhibitions, as such a pre-

### CAUTION OVER SAFEGUARDS THE FLOCK FROM A SERIOUS OUTBREAK OF CHICKEN POUX

In introducing new breeding stock, even if from reputable sources, the practice of quarantine is a safe plan to follow.

(The proper disinfection of fowl houses, etc., the quarantine of recently imported fowls or those returning from shows; the elimination of spoiled feeds and impure drinking water, the sacrifice of ailing birds to determine the nature of the disorder, as well as the burning of all dead fowls, are measures, which if carefully followed will do much to keep the flock in a healthy, vigorous state and make the keeping of poultry a pleasant, profitable enterprise.)

### SOFT-SHELLED EGGS.

Most people are naturally under the impression that soft-shelled eggs are due to a lack of a sufficient supply of oyster shells, but this impression is wrong. Flocks of hens may have an abundance of oyster shells and still lay soft-shelled eggs. A lack of oyster shells tends to decrease the number of eggs produced, but soft shells are usually produced by hens which are too fat or through a deficiency of soluble lime in the water or regular food supply.

Lime is necessary for the formation of the calcium in the egg-shell. The more eggs a hen lays the more lime she requires. Give the hens some form of lime in order to keep up maximum production. An insufficient supply may tempt the hens to become egg-eaters, particularly if they are laying heavily. The remarks above about lack of lime in some form not causing soft-shelled eggs apply to normal conditions inasmuch as there is usually enough soluble lime daily in the normal production. For heavy production, however, hens seem to need more than is given in the food, if oyster shells and lime in all other accessory forms are not given and if the grains are deficient in lime then the number of eggs produced is affected and under extreme conditions the shells may be fragile or even soft.—M. A.

### SAVE THE MOISTURE

When spring opens there are always many acres of land lying with a crust over the surface. Land which was fall plowed and land which was in corn the year before become crusted over during the winter months. If this same land got into similar condition during the summer and while crops were growing, farmers would be putting forth their most strenuous efforts to pulverize the surface and save moisture. In too many cases the land is permitted to remain in this crusted condition for six weeks or more in the spring after it might have been pulverized and during all that time moisture is being lost which the crop needs at some time in almost every season. The moisture which is stored in the soil at the time a crop is planted in the spring provides a large percentage of the moisture required by the crop during its growth. For that reason it is almost if not quite as important to save moisture before the crop is planted as it is while the crop is growing.

By means of the disc and harrow the crust which has formed during winter can be rapidly broken on both fall plowed and corn stalk land. Now is the saving of moisture the only good that is accomplished by pulverizing the surface. Weeds are killed before they can make a start and in the case of land which is to be plowed and put into corn the surface is broken up before it is turned to the bottom of the harrow. If the land is plowed during winter the surface is turned under in a lumpy condition and neither the disc or harrow or cultivator can reach it afterward. The coarse soil and rash at the bottom of the furrow cuts off the rise of moisture and the crop frequently suffers before it gets its roots into the solid soil below furrow depth.

### TELLING THE HORSE'S AGE

To tell the age of any horse, inspect the lower jaw, of course. And six front teeth the tale will tell. And every doubt, and fear dispel.

Two middle "nippers" you behold. Before eight weeks two more will come; Eight months the "corners" cut the gum.

The outside grooves will disappear from middle two in just one year. In two years from the second pair, in three, the corners too are bare.

At two the middle "nippers" drop; At three, the second pair can't stop. When four years old the third pair goes.

At five a full new set he shows. Deep black spots will pass from view. At six years from the middle two; The second pair at seven years. At eight the spot, each "corner" clears.

From middle "nippers" upper jaw. At nine the black spots will withdraw. The second pair at ten are white; Eleven finds the corners light.

As time goes on the horsemen know. The oval teeth three-sided grow. They longer get, project before. Till twenty, when we know no more.

—C. H.

### EGGS AS FOOD.

Eggs have recently been described as "Universal Breakfast Dish." The slogan is good, but not sufficiently wide in its application. Eggs are one of the most palatable, nourishing and convenient of foods. They can be made up in innumerable ways, and in chemical composition closely resemble meat. In nutritive value they stand between cheese and milk, while their intrinsic worth is far above that at which they are ordinarily rated. Investigations conducted according to a new nutrition theory classify foods on the basis of their growth-promoting and disease-resisting power. In this theory a rapid such as milk and eggs, that contain these elements absolutely essential to the proper growth and development of the human body, and the repair of tissue essential in the resistance of disease.

Eggs contain all the elements for the growth of the young. A chick hatches from an egg and will live for days upon the contents of the original egg. On account of the elements they contain, eggs and milk are essential to that high degree of health which is a nation's greatest asset.

Eggs are laid as a good food, but under unfavorable conditions they are subject to decay and deterioration in quality. Consumption varies in direct proportion to the quality of eggs offered for sale, and the uniformity of the quality received.

The ideal would be to have only one grade of eggs—the grade naturally given us, and a weight gradation system like the Danish system. The ideal varying conditions found in an extensive production district such as Canada seem to make this impracticable. Canadian eggs are standardized, but the grading has not been generally adopted in domestic trading. The re-gradability of the different grades for various purposes is described in Live Stock Branch Leaflet No. 6, entitled "Standardized Grades of Eggs," and the way to determine the grade of an egg by candling is described in Pamphlet No. 3, entitled "Candling of Eggs."

Handing appliances may be had free on application to the Dominion Live Stock Branch, Ottawa.

Some retail stores in various Canadian cities are now selling eggs on grade, and a differential price is made. The housewife should acquaint herself with the different grades according to the standards, and she will then be able to protect herself in the purchases she makes.

When buying ask for eggs graded according to the Canadian standards—Specials; Extras; Firsts; Seconds.

(Leaflet No. 7, Eggs as Food, Dominion Live Stock Branch. Copies of this leaflet are available for distribution, and may be had on application to the Live Stock Branch, Ottawa.)

### DAIRY FARMING

The amount of profit secured from dairy farming depends on several factors which are influenced principally by the amount of milk produced per acre. At the lowest level, the ability of the cows used for converting this food into milk or its products, and the knowledge that the farmer has of mixing these feeds so as to get the greatest possible amount of milk out of them. In other words, it is the amount of feed that will produce the milk and very much depends on the ability of the animal to consume it and its products out of any given quantity, and the fewer animals that can consume and assimilate a given quantity of feed the more profit will be made, as an added number of cows or units means added cost in maintaining them.

The live stock breeder's effort of the dairyman is to produce a class of animal of great digestive capacity, who for generations were selected for the purpose of converting their food into milk rather than into flesh, and by careful selection for many generations these special breeds of dairy cattle have now produced to convert the largest and heaviest producing crops into milk at a very much less cost than the native cows of indiscriminate breeding.

It has been repeatedly proven beyond the shadow of a doubt by careful experiments that the heaviest class of milkers are the cheapest and most economical producers. It has also been demonstrated that a great variation exists in rows of the same breeding, which may be determined by careful weighing their milk and testing regularly for butter fat and raising the offspring from those who by means have proven to be the most economical producers of milk.

The dairyman's profits therefore largely depend on how cheaply he may produce his roughages, and the class of dairy cattle he is using to convert these feeds into milk. This is why it requires a greater degree of intelligence to make a success of dairy farming than to grow field crops for sale, and as men are inclined to follow the line of least resistance there is always a temptation to sell raw products on the open market rather than endeavor to secure a second profit by feeding them on the farm.

Our Agricultural prosperity depends largely on our live stock industry, on enriching our soils by feeding our heaviest producing crops which can be profitably converted into milk. It is impossible, however, to meet competition of the best dairy countries unless we

### have an economical producing class of dairy cattle, and before this Province makes that advance in dairying which we are naturally qualified to make we will have to greatly improve the rank and file of the cattle used for producing milk. This may be easily and cheaply brought about by the use of purebred and improved sires of the dairy breeds. On account of the depression in cattle prices quite a number of good young animals of superior breeding whose ancestors have proved to be profitable producers of milk are now offered for sale at very little above beef prices. No district in the Province can actually afford to be without the services of a pure bred animal of this description at any time, much less at the present since prices have been considerably reduced. The Department of Agriculture has listed a number of good young bulls of the different dairy breeds, several of which may be purchased on extended payments, and we will assist institutes to organize for the purchase of these bulls. Their pedigrees, breeding and records have been carefully examined and every assistance will be given to any who wish to have a good animal placed in their community. During the past season many animals of undesirable breeding have been sent to the block and it was hoped in this way that the scrub bull would be in a measure eliminated and in as many instances as possible pure bred improved animals placed in their stead. Dairying, hog and poultry raising are lines of farming that it would be safe to tie. These lines of live stock farming work well in unison, and we may confidently look for paying prices for all of these products that we can raise. The cost of transportation on these finished products is low and we can better compete on the open market with these finished products of the farm than others of a more bulky nature, but to get the most possible out of these lines we must first select a suitable animal that has been carefully bred and selected and then produce the best possible product of the kind that the market demands. We have reached an age of discrimination and all markets will pay a premium for a superior article in any line. Good quality costs nothing more than knowledge and a little care to produce it.

### DEPT. OF AGRICULTURE.

### GROWING GOOSEBERRIES.

I do not know of any crop that one can set out that will bring as quick returns—excepting strawberries. They do not require any posts and wire and the initial investment is not high. In rich soil plants them at least six by six feet, so they can be cultivated both ways.

Especially care in getting the plants out early. They are one of the earliest to bud out in the spring. The fall is the best time to plant, but spring will do. Cultivating should be done early. You delay too late in the spring, you will have trouble in stripping off the small berries. One of the most important things is not to plow too deep next to the hills, very close to the top of the soil, because the gooseberry roots are especially close to the hill.

Light applications of barnyard manure help very much in crop production as well as in the foliage. It is very important to have plenty of foliage. Nitrate of soda, 100 pounds to the acre, is worth the investment.

Pruning is very important in handling gooseberries. The old wood should be cut out regularly from the very start. Cut off the small branches which lie near the ground to try to force a more upright growth. The old wood should be removed and it should never remain on the bush more than four years. By doing that you will keep your wood renewed so that you should grow good sized berries. You will have small berries on wood over four years old, as a rule.

In handling the crop, a good plan is for pickers with leather gloves to strip the berries on to burlap blankets about six to eight feet square, sit up to about the centre, then spread on the ground underneath the bush. The leaves may be separated from the berries in a fanning mill. B. C.

### WARM WEATHER DESERTS

Heavy desserts are being eliminated from the family menu. Housekeepers are realizing that although not an entirely superfluous course, as some people who have no sweet tooth would have us believe, the real purpose of the dessert is merely to put a period to the meal.

For this reason its preparation demands more than a passing thought. Its mission is twofold; it must be of such a nature that, for the time being, nothing is left to be desired. At the same time it must furnish the gastronomic motif which will stimulate the flagging appetite in order that in its turn the dessert may be relished.

It is particularly true in summer time, when dainty desserts that appeal to the eye will also tempt the appetite. A great many housekeepers have an expensive and troublesome dessert.

### Frozen Dainties.

On the contrary, almost all frozen mixtures are much cheaper than pies, puddings, and similar sweets; and with a modern freezer of a size suited to the family needs

### the freezing process is so simple that even the bug-bear of extra work is removed. Indeed, if time enough for self freezing is allowed, no labor, save the packing down of ice and salt, is entailed.

The following frozen dainty will appeal to those who have an eye as well as a cultivated taste for food harmony.

Dry-whip a quart of thick sweet cream and add sugar to make quite sweet, as freezing extracts the sweetness as well as the flavor from any mixture. Chop a cupful of maraschino cherries very fine, then add them together with their liquor to the cream. Turn the mixture into a mould, cover closely and bind around the opening with a strip of buttered muslin to prevent any salt finding its way inside.bury in crushed ice and salt for six hours. Dish for individual serving, masking each serving with whipped cream and garnishing it with split blanched almonds.

### Creamed Pineapple.

Unlike peaches, pineapple does not suggest cream; yet nothing is more delicious than creamed pineapple, if properly prepared.

For the dish to be at its best, the fresh fruit is essential. Peel and grate fine one medium-sized ripe pineapple; then to the pulp thus obtained add the juice of one lemon, which by the way, is an essential addition to pineapple, no matter in what form it is served. It develops latent flavors in the fruit in addition to imparting piquancy to it.

Have ready half a box of gelatine dissolved in cold water. Strain into the fruit and sweeten to taste. Turn into a mould that has been rinsed out with cold water, and stand on ice to congeal partly. Meanwhile dry whip a pint of rich cream. When the fruit and gelatine mixture begins to thicken, fold in the cream and return to the ice to become firm. Remold, and serve with cream and sugar.

A more simple but most tempting pineapple-cream dish is made by slicing pineapple very thin, sweetening to taste and garnishing with whipped cream heaped high in the centre like a mound. Decorate with rings made by cutting maraschino cherries round and round.

### Rhubarb and Raisin Jam.

Two quarts of cut rhubarb, two cupfuls of seeded raisins, two cupfuls of granulated sugar, one cupful of orange juice.

Cut the rhubarb into small pieces, but do not remove the skin, and put it into a porcelain-lined kettle. Add the sugar, mix well, and let stand for from three to four hours. Bring to a boil quickly and add the raisins, which have been washed, and stirred through a food chopper. Simmer slowly for one hour, and add the orange juice. Fill sterilized jelly glasses or jars, and cover with paraffin.

### Rhubarb Conserves.

Five lbs rhubarb, eight cups sugar, three cups weak vinegar, two cups weak vinegar, two oranges, half teaspoon cloves, one teaspoon cinnamon, two cups seeded raisins, two cups walnut meats.

Wash the rhubarb, cut in pieces, and pour boiling water over it. Allow to stand three minutes and drain. Add sugar, vinegar, spices, grated rind and juice of oranges, and the raisins cut in pieces. Cook slowly till thick, add chopped nuts and pour into sterilized glasses. When cold seal with paraffin.

### Rhubarb Jelly.

Half cup cold water, two table-spoons gelatine, two cups diced rhubarb, one cup water, one lemon (juice), two-thirds cup sugar.

Soak gelatine in cold water. Cook rhubarb and sugar in one cup water until tender, dissolve gelatine, and add lemon juice. Add enough more water to make one quart of jelly. Pour into mould, chill. Serve plain or with soft custard or cream.

### Rhubarb Jam.

Six pounds rhubarb, two lemons five pounds sugar, one pound figs. Cut rhubarb in small pieces with skin on, mix with sugar and let stand over night. In the morning grate and chop the rhubarb, add figs and lemons in small pieces, add to rhubarb and cook very slowly for about four hours, or until thick and jelly-like.

### Almond Souffle.

Make a soft custard using the yolks of two eggs, 12 cups of milk, two tablespoons of sugar. Into this stir 12 cup chopped dates and one tablespoon of finely cut almonds. Drop a spoonful of this mixture in the bottom of buttered ramekins, heap them with stiffly beaten egg whites that have been sweetened and flavored with almond extract, and decorate with whole blanched almonds and candied violets. Place in moderate oven until nicely puffed and browned, serve immediately with whipped cream.

Chocolate Timbales.

In a double boiler cook together two cups of milk, three tablespoons of cornstarch, and sugar to taste. When smooth, and thick remove from the fire and the stiffly whipped whites of two eggs and one cup of grated cocoanut, pour into timbale molds. Garnish with bright dots of jelly and blanched almonds and serve with either caramel or chocolate sauce. Served in this way cocoanut is especially delicious.

### Strawberry Ambrosia.

This delicious beverage, which is as delectable to the eye as to the palate, is prepared by removing the milk from a large fresh coconut and placing it where it will become very cold. Press through a sieve a square of strawberries (reserving a few of the largest for decorative purposes). Add to these a small cup of sugar (condensation), and place directly on the ice.

At serving time add to the fruit the merest pinch of baking soda, one cup of stiffly whipped cream, the cocoanut milk, and sufficient ice milk to form three pints of liquid. Serve in a high glass pitcher in which has been placed a cup of shaved ice and pour into small spiral glasses garnishing with large, luscious strawberries.

### Peach Flambee.

Peel and stone six peaches, fill with candied cherries, roll in nut meats, place on ice and when very cold cover with the following custard. Scald 2 c. milk and stir into it 3 well beaten egg yolks mixed with 1-4 c. sugar and 1 tbsp. cornstarch. Cook until it coats a silver spoon, remove from fire, add 1/2 tsp. vanilla, cool and pour over peaches.

Another method is to arrange alternate layers of cake and sections of candied peaches in a glass and pour custard over it.

### Marshmallow Dessert.

Mix together 1 pt. whipped cream, 1 doz. macaroons powdered and 1 lb. marshmallows, cut in cubes. Sweeten with 1 tbsp. sugar and stand in a cold place for several hours. Serve with chopped nuts on top.

### Mashed Peaches.

Turn a can of peaches into a glass dish, without juice; cover with whipped cream ornamented with candied cherries.

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