

THE MAGAZINE GUARDIAN For Parents, Teachers, Pupils, Dairymen, Farmers, Horsemen

TO THE FARMER

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.

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.

THE SCHOOL AND THE HOME

Contributions for this department should be addressed to President Teacher's Association, Guardian's School and Home, P. O. Box 188 Charlottetown.

WOMEN'S INSTITUTES

Queries and Contributions for this department should be addressed to Mrs. A. E. Dunbrack, P. O. Box 123, Charlottetown.

THE SANITARY REFRIGERATOR.

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In exterior the refrigerator of the present day is often of oak like the earlier ones it has superseded.

Whether or not the refrigerator is made of steel, it is liable to warp in time, it cannot be recommended as the very best material.

Of far greater importance than the outside of the refrigerator, however is the question of the interior.

When it becomes dry and hard, grate and keep covered until ready for use. It may be sprinkled into soups or added to starchy foods.

MACARONI AND CHEESE. 12 sticks or a cup of macaroni, 1 tsp. salt, 2 tbsp. butter, 4 tbsp. flour, 1 cup grated cheese, 2 cups milk, 1 cup buttered bread crumbs.

CHEESE SOUFFLE. 3 tbsp. butter, 1/2 cup milk, 3 tbsp. flour, 3 eggs, 1/2 tsp. salt, 1 cup grated cheese, Cayenne.

WHITE SAUCE. 2 tablespoonfuls butter, 2 tablespoonfuls flour, 1/4 teaspoonful salt, 1 cup milk.

WELSH RAREBITS. 1/2 lb. grated cheese, 2 tsp. butter, 1/2 lb. 1 tsp mustard, 1/4 cup milk, 1/2 tsp. salt, 1 egg, Cayenne, Toast.

General Rules. Cheese should be kept in a cool place, and not tightly covered. Wrapping in oil paper will keep it fresh for several days.

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the lower one across and up through the second to the top of the ice compartment.

The importance of keeping the refrigerator immaculately clean cannot be too strongly emphasized.

The habit of covering shelves with paper should be discouraged. Meats, fish or other provisions should not be placed in the refrigerator in paper wrappings.

The ice compartment should be kept full of ice and should not be used as a receptacle for food.

DAILY CARE.

Wipe up daily to remove any spilled food. Keep all foods that absorb odors as milk, butter on bottom shelf.

All food should be kept on dishes, never in paper bags or boxes, left over foods should be put away on a clean dish and used up as soon as possible.

WEEKLY CARE.

Empty refrigerator drain pan. Remove all food.

Wash ice chest using the proportion of 1 tbsop of ammonia to one quart of warm water.

After ice chest and drain pipe have been thoroughly cleaned, replace the ice and close the lid.

Replace food racks and when refrigerator has again become thoroughly chilled replace food.

NOTE.—Charcoal acts as a splendid deodorizer in the refrigerator. A piece of charcoal may be used for a considerable length of time if replaced in the oven two or three times a week to eliminate gases and to disinfect it.

CHEESE.

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A crumbly cheese is best for cooking. A little soda in cheese dishes that are cooked makes the casing more digestible.

WELSH RAREBITS. 1/2 lb. grated cheese, 2 tsp. butter, 1/2 lb. 1 tsp mustard, 1/4 cup milk, 1/2 tsp. salt, 1 egg, Cayenne, Toast.

Place cheese in a double or chafing dish, sprinkle over mixed seasonings. Add butter in pieces, and milk. When cheese is melted stir in well beaten egg. Cook a moment. Serve on toast or salt wafers.

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ENGLISH IN OUR SCHOOLS

(By Francis McPhee, B. A., Prin. Cardigan read at Convention of Eastern Teachers at Souris.)

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I have been led into this seeming digression in an attack against specialization in education, and have brought forward these arguments as a defence of the old-time well-balanced course of classics and mathematics.

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Lamb's \$11.00 Barley 85c

NEW YORK, MAY 29.

Butter 29c Eggs 23c Cheese (large) 17 1/2

TORONTO, MAY 29.

Top price for Beef Cattle. This week \$8.50 Last week 8.25 Two weeks ago 8.60 Same week 1914 8.50 1913 7.35 1912 8.00 1911 6.20

Sheep Market.

This week \$8.50 Last week 8.50 Two weeks ago 8.50 Same week 1914 7.00 1913 6.75 1912 6.50 1911 5.25

Hog Market.

This week \$9.50 Last week 9.00 Two weeks ago 8.70 Same week 1914 10.10 1913 10.10 1912 10.10 1911 6.65

Butter Market.

This week 26 27 1/2 Last week 28 31 Two weeks ago 28 31 Same week 1914 20 22 1913 25 26 1912 23 25 1911 18 20

Local Boards.

This week 19 13 1/2 Last week 19 Two weeks ago 13 1/2 Same week 1914 12 1/2 1913 11 1/2 1912 13 1/2 1911 10 11 1/2

Egg Market.

This week \$1.50 Last week 1.50 Two weeks ago 1.50 Same week 1914 1.05 45 1913 99 40 1912 1.60 55 1911 87 41

Grain Market.

This week \$1.50 Last week 1.50 Two weeks ago 1.50 Same week 1914 1.05 45 1913 99 40 1912 1.60 55 1911 87 41

THE FARM

A FARMER ASKS "WHAT IS WRONG WITH AGRICULTURE?" Secretary J. J. Morrison, of The United Farmers of Ontario, is asking the farmers of Ontario some plain questions.

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tell us what we should do to improve our lot. Our big business men also give us plenty of free advice. A few years ago Mr. J. W. Flavell published a lengthy statement telling us that we were not producing as much as we should.

What do these numerous friends of ours tell us that we should do? Why! simply increase the production of our farms. We are to farm our land better, grow more grain, and raise more stock.

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A Neighbor Told Him To Take Gin Pills FOR THE KIDNEYS. If you want to know what Gin Pills will do for you, just drop a line to Mr. D. A. Yorke, at Bellico, Ont. He will tell you what Gin Pills did for him, after he had suffered with kidney trouble for 15 years. Here is his letter: "I suffered for about 15 years with my kidneys. I could get nothing to help me. The pain went all through my back and shoulders and down the calves of my legs. When I would sit down for a while, I could not sit down for a while. I could not walk a rod or more, the pain was so great. Another doctor advised me to take GIN PILLS. I did so and six boxes cured me. It is about two and a half years since I quit taking them. My back is all right; no pains and no more backache. I thank GIN PILLS for all—they are worth their weight in gold." D. A. YORKE.