

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. Answers will be given by experts to all questions of a general nature. This will be given to an article that will in any way help to advance Prince Edward Island interests.

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.

THE SCHOOL AND THE HOME

IN THE KITCHEN.

PRUNE SUFFLE.—Make one pint stewed prune pulp. Dissolve one package chocolate jelly in a pint of boiling water. When it begins to thicken add the prune pulp and one teaspoonful cinnamon, and beat into one cup whipped cream. Pipe into custard cup.

CARMELS.—Half a cup molasses, one cup sugar, butter size of an egg, half a cup milk, half a large tablespoon flour, add other ingredients, and boil until mixture will form a hard ball when dropped into cold water. Turn into a buttered pan and cut into squares.

NUT BREAD.—Mix together one-half teaspoonful of salt, four cups of flour, one-half cup of sugar, one scant cup of chopped walnuts, four teaspoonfuls of baking powder, add two cups of sweet milk, one beaten egg. Let raise 20 minutes and bake in moderate oven one hour.

CUP CAKE.—Three cups flour, one cup sugar, one cup butter, one cup milk, one cup currants, one teaspoon soda, two teaspoonfuls of tartar, two teaspoonfuls baking powder, and four eggs. Beat butter, sugar, and eggs to a cream; then add flour, baking powder, and cream of tartar. Dissolve soda in milk and mix lightly with the rest of the ingredients, adding currants last.

ORANGE MARMALADE.—Eight oranges, eight lemons, 4 lb sugar. Remove peel from fruit, cook until soft in enough water to cover; drain and scrape white parts from rind with a spoon, cut thin yellow rind in strips with scissors. Boil oranges into sections, remove seeds and tough skin, and put them into a preserving kettle. Heat gradually to boiling point, add sugar gradually, and cook very slowly over a low flame one hour longer; then turn into glasses.

IMITATION PINEAPPLE JAM.—Take one large vegetable marrow, peel and cut in small pieces, prick well, and lay in fresh water for a couple of hours, and then take it out and boil till a straw will enter. In another saucepan boil one pineapple, cut in great pieces, weigh the vegetable marrow, and add an equal quantity of sugar. Add the pineapple and water to the marrow; if not enough water, add more to nearly cover the pieces of marrow. Boil with the lid on till the syrup begins to thicken. Add half a teaspoonful of cream of tartar to prevent candying. If the syrup boils away, make a little more and add.

CREAM CAKES.—Half a cup butter, one cup boiling water, four eggs, cup flour. Put the butter and water in a saucepan and place on a stove. As soon as it comes to boiling point add flour all at once, stirring vigorously until mixture is smooth. Remove from stove and add unsmoothed eggs, one at a time, thoroughly beating each one into the mixture before adding the next. Drop from a spoon on a buttered pan an inch and a half apart, piling mixture slightly in the centre, and shaping nearly round as possible. Bake thirty minutes in a medium oven. When cakes appear to be done remove one and find if it boils it is done. When done, when cool, make a salt in each and fill with cream as follows: Seven-eighths of a cup sugar, one-third of a cup flour, one pint milk, one teaspoonful vanilla or one and a half teaspoonfuls lemon flavoring, one egg. Boil a few minutes.

GIRLS! GIRLS! TRY IT! STOP DANDRUFF AND BEAUTIFY YOUR HAIR

HAIR STOPS FALLING OUT AND GETS THICK, WAVY, STRONG AND BEAUTIFUL.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dirt, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25-cent bottle of Danderine from any druggist or toilet counter, and just try it.

TEN COMMANDMENTS

- 1. Thou shalt not wait for something to turn up, but thou shalt pull out your coat and go to work that thou mayest prosper in thy affairs and make the word "failure" spell "success."
2. Thou shalt not be content to go about thy business looking like a bum, for thou shouldst know that thy personal appearance is better than a letter of recommendation.
3. Thou shalt not try to make excuses, nor shalt thou say to those who chide thee, "I didn't think."
4. Thou shalt not wait to be told what thou shalt do, nor in what manner thou shalt do it, for thus may thy days be long in the job which fortune hath given thee.
5. Thou shalt not fall to maintain thine own integrity, nor shalt thou be guilty of anything that will lessen thy good respect for thyself.
6. Thou shalt not covet the other fellow's position, for he hath gained by his own hard labor.
7. Thou shalt not fail to live within thy income, nor shalt thou contract any debts when thou canst not see thy way clear to pay them.
8. Thou shalt not be afraid to go to the limit of thy power, for he who faileth to blow his own horn at the proper occasion findeth nobody standing ready to blow it for him.
9. Thou shalt not hesitate to say "No," when thou meanest "No," nor shalt thou fail to remain firm in thine opinion, for it is unsafe to blind thyself by a hasty judgment.
10. Thou shalt give every man his square deal. This is the last and great commandment, and there is no other law unto it. Upon this commandment hang all the law and the profits of the business world.

TO TEST LINEN.

Not everything that's labeled linen is linen. It may be part cotton and part linen, and it may be mercerized cotton with a very small portion of linen. To test the material you buy for linen, drop water on the goods—if it is all linen the moisture spreads rapidly and dries quickly. On cotton the fabric will remain moist for some time. Glycerine is considered a better test than water. It causes linen to appear transparent. It causes cotton to appear by breaking the yarn, of cotton the ends will curl up, if pure linen the ends remain smooth.

JUST APPLES

I had before me a long list of recipes for cooking apples in the most approved styles and most laborious ways I said to myself, "Now this is apple time, and these recipes will be most timely," and prepared to copy them for our household.

And then, in an article in a magazine, my eye fell on this paragraph. It said: "No wrapping of God's fresh fruit in an envelope of baked lard, flour and water, called Pie."

And it was a woman who wrote that, too. So I sat and pondered, and questioned, "Is there any better way to prepare apples than simply by heating them to a shining polish, and serve them?" Now apple soufflé is fine, but how long did it take the tired house mother to grate those apples, and whip the eggs, and prepare a great dish of soufflé? And when it is done the whole thing is not so much so, as when fresh and whole they piled a fruit dish on the middle of the table. Then again around the reading table at night, when Son, getting him a candle, goes down the cellar for the great bins, and tells me a pan of apples, and the evening's munching. What mussy conception of cooked apple, sugar and spice can we make for the school dinner plate that quite equals the round, red-cheeked apple. Not that I despise the "Mussy" apple, but I like it. And I like the apple, and the evening's munching. What mussy conception of cooked apple, sugar and spice can we make for the school dinner plate that quite equals the round, red-cheeked apple. Not that I despise the "Mussy" apple, but I like it. And I like the apple, and the evening's munching. What mussy conception of cooked apple, sugar and spice can we make for the school dinner plate that quite equals the round, red-cheeked apple.

POULTRY

TO PREVENT EGG-EATING

Now that the hens are in winter quarters, and we are up against the problem of saving the high-priced winter eggs from the feathered egg-eater, it occurred to me, says a writer in The Farmers Advocate, that a method that has proved thoroughly successful with my flock for the last two winters, and so far this winter, might be of value to other farmers also.

My nests are simply rows of boxes, in single or double rows as space permits, with a foot-board in front about four or five inches wide. I drove staples in the partition board at about every third or fourth nest, and attached a wire to each staple. I then took manila, and cut in pieces, with one thin and one thick end, and attached a wire through the thin end of the manila, turned up the wire to make a hook so that the thick end of manila rested on the foot-board, and watched results, leaving Mrs. Mischief Hunter jumped on the board and walked along looking for eggs, found the nice, juicy-looking, white side of the manila in her path, stopped to investigate, next, sampled it, and found it to her liking, and straightway forgot all about the eggs. That ended the loss of eggs for me. I keep cabbages also hung up in the hen-house, and feed all the clover leaves I can gather up. I had never been much bothered by feather-pulling, but the method that stopped the egg-eating stopped the feather-pulling also.

BLACK MINORCAS

The largest white eggs are laid by the Black Minorca hen and fowls of this breed are among the best of layers. The plumage of the variety is a glossy greenblack, which keep clean looking under most trying conditions. The Minorca is a hard worker and

does well on range, but is also a satisfactory bird in fairly close confinement. The hens are not setters and make poor mothers, so artificial incubation of their eggs is the most satisfactory. The male birds vary in size, large, heavy comb, evenly pointed, round, smooth wattles and white earlobes; their legs are dark in color, the body long and nearly level. The comb of the female is thin and smooth with five or six points and laps to one side of the face.

REARING TURKEYS

The best and easiest way to make a start in the rearing of turkeys is to buy a couple of settings of eggs from a reliable person, as early in the Spring as possible, and place them under common hens which are known to be good sitters. When the eggs are hatched the mother hen should be confined in a close and rather well-sheltered pen, which will allow the young turkeys to be reared in a safe and healthy manner. The first few weeks of their life they may be allowed to take a run on warm days with the mother hen, and after the young turkeys are a month old they may be given perfect freedom if the weather is favorable. They may be given cracked wheat in addition to their other food, and will need but little further attention. Turkeys thrive much better if allowed to roost in the open, and expensive poultry houses are not necessary for them.

FEED GREEN FOOD FOR EGGS

While the birds are confined during the winter months some form of green food is absolutely necessary for best results. Give the birds mangels, turnips, or sprouted oats. Alfalfa or clover hay, if well cured, may be fed. Mangels are cheap and are easily grown, and the birds will consume large quantities of them. Sprouted oats also make an excellent form of green food. The method of sprouting is simple. Take the oats, and soak them in lukewarm water for twenty-four hours, then spread them out on the floor of a fairly warm room, or place them in flat boxes so that the oats will spread out in a layer about one inch thick. Keep them moistened after sowing them to prevent molding. When they start to sprout do not disturb them, and when the sprouts are about three inches long the oats may be given to the birds. Some form of green food should be supplied the birds every day. In feeding mangels it is a good practice to drive a spike through them about sixteen inches above the floor, on which the mangels can be placed.

THE DAIRY

FEEDING THE FARROW COW.

Some cows are persistent milkers, while others cease giving milk at the end of seven or eight months. The former are the more profitable class to keep, but many dairymen do not give them a fair deal. Anxious to secure as much milk as possible, it is a temptation to continue milking a cow, that will give milk until a few days after the time of freshening. While the present gain may be a few cents, the future loss, both in strength of calf and quantity of milk during the following lactation period, may be counted in the dollars. The dairy cow is a machine, and a profitable cow works her best seven days of the week, for a period varying from eight to eleven months, that the average horse. A good horseman likes to rest his horse. A good dairymen knows that, by giving his cow a rest of six or eight weeks and feeding her well between milking periods, she will produce more milk annually that if deprived of this rest. Because the cow is not giving milk, during the rest period, is no reason why she should not have the best of care and feed. Straw and roots alone do not contain sufficient nutriment to nourish the growing calf and allow the cow to gain in flesh. In order to ensure a heavy flow of milk, the cow must be in good condition at time of freshening, and with a cow in a thrifty condition there is less trouble in calving. A liberal quality of clover alfalfa hay, alone with mixture of corn, silage and straw, with two or three pounds of concentrates daily, is a suitable ration for a cow due to freshen in a few weeks. If the cow, due to calve, is not chased by dogs or allowed to go where it is slippery. A few days previous to the time freshening she should be put in a comfortable, well-bedded stall and watched closely, so that assistance may be given if necessary.

NOTES ON COW TESTING

To assist dairy farmers who desire to test their herds for milk production the Dairy and Cold Storage Commission at Ottawa has issued for public distribution a pamphlet entitled "Cow Testing Notes" and designated Circular No. 16 D. & S. Series. The pamphlet shows the necessary equipment as spring scales, box of standard dipper, etc., and takes the cost of each and when the outfit may be procured as well as the purpose and method of use of each.

The Department of Agriculture through the Dairy and Cold Storage Branch helps farmers to test their cows. In July 1915 the branch was advised records of 22,669 cows. Evidence of the value of cow testing are given: "Cow testing not only produces better cows, but more interested and better dairymen." With each cow's record before him the dairyman is able to feed more intelligently. "Meal in proportion to milk" is a good motto. "The figures of a creamery statement at Way's Mills, Que., show that from a herd of twelve cows in 1912, the cash received by the owner was \$297.84, in 1915 the branch was received \$304.48. He discovered the poor cows and got rid of them. "At Mallorytown, Ont., a herd of twelve cows has increased from 3,726 pounds of milk per cow in 1909 to 7,338 pounds per cow in 1914; this is an increase of 4,612 pounds of milk per cow, or 98 per cent.

FINE BUTTER IS MADE FROM TREES

There are several trees that yield an oily substance which resembles butter and which makes a good substitute for it. Some of these grow in Europe, and others in Africa and South America. The Bassia butyrosa or the "shea butter" as it is commonly called, grows wild on the west coast of Africa. The butter obtained from this tree is derived by pounding and pressing the seeds, which are three inches long. When extracted, the oil assumes the consistency of butter and smells like chocolate. Not only is it an excellent article for food, but it is used extensively for the making of soap and candles. The seeds of the crab tree of Brazil and Guiana are seventy per cent. fat. The "crabwood tallow" derived from them is excellent for the manufacture of candles and soap. When boiled, the tallow turns out yellow butter which contains a small quantity of stearine. The latter, however, is easily removed by prolonged boiling. From the nutmeg, a useful fat is obtained. The nutmegs which have been broken or damaged by insects, are roasted, ground and pressed for the fat, which is used for cosmetic and medicinal purposes. A tree abounding in the forests of Africa and called by Kaffirs "chigine" yields from the fruit or bark the exact source being unknown, a white butterlike substance which constitutes an important article of commerce on the continent.—Dr. Leonard Keene Hirschberg.

THE TURF

SORE SHOULDERS.

Sore shoulders on horses are the result of carelessness, neglect or indifference, and there is no excuse for it. Every spring brings the usual crop of sore shoulders on horses that were turned out for the winter or allowed to get so mushy from lack of work that they are not in condition to stand the spring grind. Take a man out of an office after the winter of ease and stick him between the handles of a walking plow, and the chances are that he would be pretty sore for a while. While a horse will not soften so quickly as a man, he will invariably go back if not wear an ill-fitting collar, although he does not have to pull a load with it. Yet he will ask his faithful horse to tug on a misfit without the slightest compunction. The constant pressure of a collar on the muscles of a horse's shoulders will soon cause sore shoulders, a tendency to harden and lessen the bulk of the muscles. While a collar may fit an animal all right at the commencement of the season, if will in time become too large, and if a sweat pad is not added, the rolling motion of the collar will soon cause sore shoulders. The collar should have a fair amount of spring and a smooth, even surface, and should conform to the horse's shoulders. Both collar and sweat pads should be kept clean. It is advisable to remove the collar during the moon spell and wash the shoulders with cold salt water, wiping them dry afterwards. This should also be done at night. Lifting the horse's collar forward while the animal is resting in

STORMY WEATHER

HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to over-heated, badly ventilated rooms and catch colds which racks their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and necessary doses given to the baby to keep his stomach and bowels regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

the field and giving the shoulders a rub down to remove any granulations of dirt that may have accumulated will also afford relief. The mane should be looked to and the hames should be adjusted so that the line of draft is changed a little every day. If the slightest soreness is apparent on the lower part of the shoulder, the hames should be raised so that the sore portion may be relieved of draft. A short collar is an abomination. The collar should be loose enough to permit of the hand being passed between it and the throat, allowing the fingers to be thrust all the way around the sides of the neck. It should fit snugly without being too loose. Washing the shoulders with an astringent such as tannic acid toughens the skin and lessens the action of the sweat glands. Bathing with cold salt water is very beneficial. When the horse's neck becomes sore seek the cause, correct it and aid in relieving of draft. A short collar is an abomination. 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