

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

WASTE OF MEAT IN THE HOME.

A bulletin on the above subject has been issued recently by the Home Economics Department at Cornell University. The conclusions were based on experiment and injury and may be found very suggestive to many people who have hitherto given very little thought to the subject.

It is pointed out that, unless fuel has to be considered, it pays to buy the tough cuts, which only require long and slow cooking, after being first secured on the outside to make them retain the juices. After choice is made there are still several ways in which waste may occur. (1) In not making use of all the trimmings or bringing them from the market. (2) In failing to make use of fats that could be used for frying, shortening or soap-making. (3) In throwing away bones that could be used for soup. (4) In not using the left-overs. (5) In failing to use bones and scraps for chicken feed.

CANNING MEAT.

It is very handy to have canned meat on hand, and, if care is taken the canning may be done quite successfully at home.

Method 1.—Cut the meat in pieces that will go into the jars easily, using wide-mouth glass jars with clamp tops. Sterilize the jars and pack the meat in solidly to within 1/4 inch from the top. Sprinkle over the top 1/2 teaspoon salt for each pint of onions may be added if liked. Put meat, onion, pepper, or other seasonings may be added if liked. Put on a jar a new rubber ring of best quality; place the cover on top but do not fasten down tight. Put the jars on a rack in the boiler in which there is warm water that reaches to one inch from tops of jars. Bring to a boil and cook from 4 to 5 hours. When done fasten the clamp down. No water is used in the jars. Simply fill to overflowing from another jar.

Method 2.—Brown the meat in hot fat, then steam or simmer it until it will tear apart easily. Pack into jars, fill the spaces with hot soup stock nicely seasoned. Cook 3 hours as above.

CANNED CHICKEN.

Chicken may be canned by either of the above methods.

Chicken Soup or Stock Canned.—Cover all bones and trimmings of the chickens with cold water, salted and simmer slowly until the bones may be removed clean. Add onion, pepper, or any seasoning liked. Strain the stock, reheat to boiling.

Inflammatory Rheumatism Permanently Cured

NEW BRUNSWICK LADY GIVES FULL PARTICULARS OF HER RECOVERY.

There are many types of rheumatism, but none worse than inflammatory rheumatism. It was this kind that almost killed Mrs. Edw. Warman, of Kent Jct., N.B. Every known remedy she tried, different doctors gave their advice, but the disease increased.

Weak and despairing, she was at her wits' end when the remarkable cure of Mrs. Cullen was published. This gentleman was cured of rheumatism by "Ferrozone." Consequently Mrs. Warman used the same remedy. Here is her statement:

"For five years I have been rheumatic. I tried various forms of relief without success. The disease increased, settled in my joints and muscles; these swelled, caused excruciating pain and kept me from sleeping. My limbs and arms stiffened, my shoulders were lame and prevented me from working. Week by week I was losing strength and despaired of finding a cure. It was a happy day I heard of Ferrozone. Every day I took Ferrozone I felt better; it eased the painful joints, gave me energy and a feeling of new life. Ferrozone cured my rheumatism, cured it so that not an ache has ever returned. Even damp weather no longer affects me."

Ferrozone has power to destroy Uric Acid, neutralize and enrich the blood, and therefore does cure the worst cases. Mrs. Warman's statement proves this.

By removing the cause of the disease and building up a reserve of energy, Ferrozone is certain to cure. Sufferer, isn't it about time to stop experimenting? Ferrozone is a CURE, order to-day, 50c. per box, or six boxes \$2.50, sold by all dealers or direct from The Catarrhone Co., Kingston, Ont.

SYMPATHY.

Never in our life before has there been such a call upon our sympathy as at the present time. Sometimes it seems more than can be borne, when we look down that long, pitiful list of the fallen, and think of the suffering of the wounded, and of the peril of our brave men on the deep and on the sea.

The need of sympathy is great, the need for all service which flows from sympathy; not only for money, but for our affection, for those things which only women can bestow.

There is a great opportunity awaiting us all—the need is so urgent for women of wise heads and tender hearts in every village and town in our land.

Everywhere there are women whose menfolk are gone to the war, and who seem able to think of nothing and to feel no interest in anything till their loved ones return.

There are pitiful grey lives all around us which we can do something at least to cheer and help, and save from falling into those temptations which await the dispondent and cheerless.

But to help to really help, we have to be able to put ourselves in their place, to sympathize; and our spirit must be humble and class distinction must be forgotten.

We have to remember that no one sacrifices more than the workman when he goes to fight for his country.

He has no great possessions, perhaps nothing at all, to protect except his liberty; yet he gives up his job and leaves his little home to lay down his life if the call comes, for his country. Our debt to him is great, and we can only pay it by caring for those he leaves behind not only with material help, but with sympathy; and by this show that we think of the little home a sacred place, to be kept in readiness and brightness till "he" comes back again.

The services of those who "stand and wait" mean much to the smoke grimed hero in the trench.

Whoever walks a furlong without sympathy, walks to his own funeral drest in his shroud. —WALT WHITMAN.

ECONOMY IN COOKING VEGETABLES.

Loss of Valuable Ingredients Through Wrong Methods.

While boiling vegetables the nutrients soluble in water may be dissolved out and lost. The nutrients liable to be lost include protein compounds, mineral constituents and sugars. The Minnesota and Connecticut Experiment Stations have conducted interesting experiments in connection with this subject. The first experiments were made with potatoes, which were boiled under different conditions, and the loss determined.

When potatoes are boiled and soaked for several hours before boiling, the loss of nitrogenous matter and 38 per cent. of the mineral substance; when potatoes were peeled and put into cold water, which was then brought to the boiling point as soon as possible, the loss amounted to about 16 per cent. in the nitrogenous matter or protein and 19 per cent. of the mineral matter; potatoes peeled and placed at once in boiling water lost only about 5 per cent. of the nitrogenous matter, although the loss of mineral matter was about the same as in the preceding case; when, however, potatoes were cooked with the skins on, there was but a trifling loss of matter, either nitrogenous or mineral. In the baking of potatoes there is a practical loss of no less than the very little which may escape in the moisture given off.

To obtain the highest food value, potatoes should not be peeled. When peeled, there is least loss by putting directly into hot water and boiling quickly, even then the loss is considerable. When potatoes are peeled and soaked in cold water the loss is very great.

It has also been found that considerable losses occur in the boiling of other vegetables, such as carrots, beet, and parsnips. The loss in the mineral matter is serious, as vegetables furnish mineral materials from which teeth and bone are formed. Vegetables should be boiled in large quantities and in as small a quantity of water as possible.

To prevent the serious loss which occurs when the water in which vegetables have been boiled is thrown out the water should be boiled down and used in the making of soups which are to be served with the vegetables. —F.C.N. in Conservation.

LIFE AFTER FORTY.

The best half of life is in front of you, the man of 40, if he be anything of a man.

The work he will do will be done with the hands of a master and not of a raw apprentice.

The trained intellect does not see

CHILDREN'S TONSILS

Slopp shoulders, flat chests and dull facial expressions are some of the effects of diseased tonsils and adenoids, says Director Krusen in a statement to the parents of school children. He declared that obstructed breathing caused by adenoids and defective tonsils is one of the most frequent ailments found by school medical inspectors. The growing child must receive an adequate allowance of fresh air to ensure its development, and any disease of the nose and throat is a handicap to its health.

"A large number of children are found to have adenoids and enlarged tonsils when examined by the school doctors," the director continues. "Nervous disorders, such as headache, restlessness at night, spasms and depressed mental activity, may in many instances be traced to obstructed growths in the upper passages. Defective speech is also a common symptom."

"Enlarged tonsils and adenoids furnish suitable breeding places for disease germs and the predispose to such infections as diphtheria, scarlet fever, influenza, meningitis, pneumonia and tuberculosis.

"Rheumatism and heart disease owe their origin in a great many instances to infection through the tonsils. They are also the gateway to infection with tuberculosis of the lungs, there being a direct communication between these organs. Tubercular glands and cold abscesses of the neck are quite often traced to diseased tonsils.

"Barache in children is not infrequently the result of enlarged tonsils and adenoids. Constant absorption of poisonous products causes indigestion, poor nutrition and a lowered state of health. Parents receiving notices from school doctors that their children are troubled with any obstruction of the throat should give the matter immediate attention." —Philadelphia Ledger.

HOME.

Yes, I know, it's so ordinary, so commonplace, just a place sometimes to go and get a meal dress up, and go out again. But here's the ideal according to J. Keble:

"Sweet is the smile of home; the mutual look
When hearts are of each other
Sweet all the joys that crowd the household nook,
The haunts of all affection pure."

Nowadays we are all so busy that one sometimes wonders if some people are ever at home; and what about those who can't go out, who can't join all the patriotic societies or enter into the church work? Would it be a strange thought to some that an evening spent with Mother or Father, or the family, would shine the brighter in the book of your golden deeds than maybe ten meetings attended?

Tears came to our eyes when a famous singer touches our heart with "Home, Sweet Home," but how much do we all do towards making it sweet? It may be only in two rooms or it may be in a palatial residence, but unless people are together at times it won't be much of a home. When we are there it might be a good plan to add to the joy of home also. What do you think?

THE POPULAR GIRL.

The girl who is always kind and respectful to old people will be popular, for it means that she is sympathetic and thoughtful. The girl who keeps the fifth commandments and honors and obeys her father and mother is sure of a real and lasting popularity, and not only popularity but respect from those whose good opinion is really worth having.

The girl who always plays fair and always willing to let others have first place in their turn will be popular, for it means she is just and unselfish.

The girl who is always willing to take a little trouble for another and to do an action will be popular.

The selfish girl will never be popular and she will in time lose not only her friends but the good opinion of all those around her.

GOOD PRECEPTS.

In all thy need, be thou possessed
Still with a well prepared breast;
Let the shackles make thee sad,
Thou canst but have what others had
And this for comfort thou must know.

Times that are ill won't still be so;
Clouds will not ever powe down
rains,
A sudden day will cleere againe,
First peales of thunder we must
Then lutes, and harpes shall stroke
the care.—Herrick.

To Cure Catarrhal Deafness and Head Noises

Persons suffering from catarrhal deafness and head noises will be relieved to know that this distressing affliction can be successfully treated at home by an internal remedy that in many instances has effected a complete cure after all else has failed. Sufferers who could scarcely hear a watch tick have had their hearing restored to such an extent that the tick of a watch was plainly audible seven or eight inches away from either ear.

The remedy, if you know someone who is troubled with head noises or catarrh, or catarrhal deafness, cut out this formula and hand to them, and you will have been the means of saving some poor sufferer perhaps from total deafness. The prescription can be prepared at home, and is made as follows:

Secure from your druggist 1 oz. Parmit (Double Strength), about 75c worth. Take this home, and add to it 1/2 pint of hot water and 4 oz of granulated sugar; stir until dissolved. Take one tablespoonful four times a day.

The first dose should begin to relieve the distressing head noises, head ache, dullness, cloudy thinking, etc. while the hearing rapidly returns as the system is invigorated by the tonic action of the treatment. Loss of smell and mucus dropping in the back of the throat, are other symptoms that show the presence of catarrhal poison and which are often entirely overcome by this efficacious treatment. Nearly ninety per cent. of all ear troubles are said to be directly caused by catarrh, therefore, there must be many people whose hearing can be restored by this simple home treatment.

Every person who is troubled with head noises, catarrhal deafness or catarrh in any form, should give this prescription a trial.

Important Note: In ordering Parmit always specify that you want double strength. Your druggist has it or he can easily get it for you. If not send 75c. to the International Laboratories 74 St. Antoine St., Montreal, Que., Can., and they will supply you Postal note or money order.

SCRUB THE BACK.

Did it ever occur to you that the surface of the back amounts to one-sixth of that of the entire body? The osteopath will tell you it is the source of the entire nervous system—and we cannot ignore the opinions any longer of those valuable practitioners. It is from the spine that they treat every organ of our bodies—for that is the foundation of either health or sickness to the entire body. One-sixth of the area means also one-sixth of our skin pores and glands, yet how many of us take the trouble in the daily bath to keep these little workers clean and healthy, to prevent their waste from throwing off the waste from the body?

It is next to impossible for most of us to reach all parts of our backs and so do, vigorous scrubbing, so here is where the long-handled bath brush is needed. Cleansing the pores thoroughly is the greatest advantage will come from the splendid circulation it will create all along this important nerve center, radiating health to every organ of the body. It will also make the skin firm and fine-grained, taking off much of the superfluous fat so many women are apt to get, especially over the top of the corset line.

The arm exercise that attends the use of the back scrubbing rounds the elbow and develops the chest and arms, adding still another point in favor of establishing the habit of using the brush.

CROCHETING TERMS.

How to Read Instructions for Perforating the Work.

Ch. stands for chain stitch, the stitch with which all pieces of crochet are begun. Everyone, every child, she is utterly unfamiliar with any other form of crochet, and it is therefore useless to put down directions for working.

S. C. stands for single crochet. To make single crochet, one must have one loop on the needle. Another loop is picked up, in a stitch of the preceding row in a chain, or a hole, or side you could imagine. As a boy is accustomed to have my mother use Nerviline for all our minor ailments and remembering what confidence she had in Nerviline, I sent out for a bottle at once. Between noon and eight o'clock I had a whole bottle rubbed on, and then got into a perspiration under the blankets. This drove the Nerviline in good and deep, and I woke up next morning fresh as a dollar and absolutely cured. Nerviline is now always part of my travelling kit, and I will never be without it.

The large 50c. family size bottle is the most economical, or you can easily get the 25c. retail size from any dealer.

MAKE THE MOST OF IT.

Learn to make the most of life,
Lose no happy days,
Time will never bring thee back
Chances swept away,
Leave no enter words unsaid,
Therefore, if you shall last,
The mill will never grind
With the water that has passed.

Pleurisy Pains Vanish! Chest Colds Cured!

Don't suffer!
Nerviline is your relief.
Nerviline just rubbed in, lots of it will ease that drawn, tight, feeling over your ribs, will destroy the pain, will have you smiling and happy in no time.

"I caught cold last week while motoring," writes P. T. Mallory, from Linden. "My chest was full of congestion, my throat was mighty sore, and I had the fiercest stitch in my side you could imagine. As a boy I was accustomed to have my mother use Nerviline for all our minor ailments and remembering what confidence she had in Nerviline, I sent out for a bottle at once. Between noon and eight o'clock I had a whole bottle rubbed on, and then got into a perspiration under the blankets. This drove the Nerviline in good and deep, and I woke up next morning fresh as a dollar and absolutely cured. Nerviline is now always part of my travelling kit, and I will never be without it."

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FARM

WHEN FARMS PRODUCE MORE

It is a fact, as shown both in this country and in Europe, says the Maritime Farmer, that no student has ever maintained in wealth in agricultural products for any considerable length of time without animal husbandry as the main industry or to supplement general farming. True, when a section of the country is first brought into cultivation the soil, being virgin and very fertile, may produce in abundance and it would appear that fertility is inexhaustible. But experience teaches that crops, when they are sold and removed from the farm, soon reduce the humus and fertility constituents so that the land no longer produces profitably.

Animal husbandry is necessary for permanent fertility. It is essential to general farming in that it reduces waste, obviates the necessity of marketing such bulky products as hay, fodder, grain, etc. It distributes labor, in many instances providing work for men and teams when crops do not demand attention.

The problem of feeding the people is the greatest with which we are confronted. We have advanced so fast in city production and industries other than farming that food production has not kept pace. Without an abundance of food no people can make great progress, nor can they remain in peace and contentment. Our farms are now required to supply the people with meat as well as bread. In the West ranches have been converted into farms in many sections. The sudden transition from ranching has diminished the supply of livestock faster than the small farms can meet the deficit. This means that if our section of the country is to maintain its standing plans must be provided for raising more animals on small farms.

Before this can be accomplished more feed crops must be produced. More feed stored and more animals fed. This will mean greater investment, as livestock represent considerable capital; barns, creameries, dairies, silos, etc., must be built. This will require co-operation on the part of the banks and other business men, but it is co-operation that will build. Capital wisely invested in livestock, silos and other farm building means more wealth not only for the producer, but for the country. It means larger crops, better profits, better schools, good roads, and progressive agriculture in all that it signifies.

HARDENING OF PLANTS.

Plants taken from warm quarters where they have been protected will suffer much check when set directly in the open ground, whereas gradually accustomed to outside conditions they will not mind a change. Ten days or so before planting in the open ground, a start should be made to gradually harden the plants to field conditions by a gradual lessening of the protection they have received. Draw during both day and night. If there is danger from frost, protection should be given in any case.

Hardly perennials are benefited by lifting and dividing about every three years. The strong growing kinds, such as hollyhocks, and every four or five years for the smaller growing kinds. Clumps with fibrous roots and numerous buds, like lily of the valley, can be carefully torn apart by hand, leaving five or six buds on each piece. Those with coarse roots must be cut apart with a knife, leaving at least one eye on each piece.

CHILDREN AND DISCIPLINE.

Make the Child Trust You, and Use No Threats.

The following hints to teachers which appeared in the Educational Review will be equally useful for parents.

Prevention of wrongdoing is better than punishment of the wrongdoers. Exercise great care in taking a stand that you may have no occasion to retreat.

Fault-finding is not calculated to cure a fault. Distrust in the parent breeds deceit in the child.

A child properly employed gives no trouble.

Be firm.

Be kind.

Be patient.

Be self-contained.

Be as perfect as you ask your children to be.

And above all, make no threats.

THE FARMER OF TODAY.

The farmer of today is a business man. His success or failure depends upon his ability to apply good business methods in the operation of his farm. The so-called "independent" farmer belongs to a past generation. The farmer of today cannot run his business in his own way however much he might wish to do so. As a manufacturer, he is brought into competition with the farmers not only of his own neighbourhood and province, but with the farmers of the United States, of the Argentine Republic, of Russia, and of every other part of the world. An improvement in the methods of wheat growing in Russia may revolutionize the system of farming in Manitoba. The farmers of today produce for world markets where he cannot control the selling prices of his products. These are fixed by competition from all countries. His only means of increasing the returns for his labour is by controlling his production costs.—The late Professor George G. White in "Farm Cost Accounting."

STARTING CALVES.

The new-born dairy calf left with its mother until twenty-four hours of age, secures the colostrum milk which is beneficial in clearing its digestive tract. At the end of the first day the calf should be removed from its dam and fed its mother's milk from a pail. After four or five days the mixed milk of the herd may be fed.

Fresh whole milk is especial until the calf is three or four weeks of age, when skim milk may be gradually substituted.

The amount of whole milk to feed depends on the size and vigor of the calf. About one pound of milk a day for each ten pounds live weight is a good rule. Calves weighing ninety pounds, or more at birth may usually be fed twelve pounds of milk a day. If fed three times a day the gain is more rapid, as a little more milk may be fed. Care must be taken that the milk is fed in clean pails and at body temperature. If milk having a high percentage of butterfat is fed, there may be a tendency to digestive troubles, and the calf must be carefully watched to anticipate any serious trouble.

At three or four weeks of age skim milk may be substituted for the whole milk at the rate of two pounds a day until only skim milk is being fed. If a good supply is available skim-milk may be fed to advantage until the calf is six months old.

INBREEDING CATTLE.

The breeding of the dairy cow is not only one of the most scientific but one of the most important of all the live stock interests, and is full of endless variation and results.

Many of the old-time up-to-date breeders have had positive proof of certain forms of breeding, or rather of mating, that had good or bad results.

Line breeding and inbreeding are the most fundamental, yet least understood of all the methods.

Line breeding is where blood from a certain animal or animals is brought together from several sources and generally not in excess of 50 per cent. of the blood of any one animal. It is often much less than 50 per cent. even to 12 1/2 or 6 1/2 per cent.

Inbreeding is where blood from a certain animal or animals is brought together from several sources, and is always more than 50 per cent. the blood of some one or more animals.

There is no inbreeding unless you have more than 50 per cent. the blood of any one animal, yet you can have line breeding and inbreeding in the same animal, yet line breeding is generally understood to mean the continuation of certain blood line without inbreeding, and right here is the point where so many breeders become confused, or do not understand the real difference between line breeding and inbreeding.

The main object of both of these forms of inbreeding is to reproduce certain superior qualities, possessed by either sire or dam, or both of them.

The first step in inbreeding would be to breed a sire to his own daughter. This would give you a 75 per cent. inbred animal; that is 75 per cent. the blood of the sire.

The first step in line breeding would be to breed a half-brother to a half-sister. Here you have 50 per cent. of the blood of the same parent of both of these formulas have produced many of the greatest animals, especially where the blood comes from a very superior and prepotent sire or dam, and often brings out what we term a family. As a general thing, it originates with a great sire.

At this point it is well to broaden out on some of the vital features of both line breeding and inbreeding, for it is a well known fact that all great animals are not strong enough, physically and otherwise, to perpetuate his or her superior qualities, for it should always be remembered that it is a natural tendency for all animals to return to the original, which we call the degenerate.

TO RENDER DOWN PORK, BACON OR OTHER FAT.

Remove from it every scrap of lean meat (which should be put in to boil down for a stock or gravy), cut or chop the fat small, put it in an iron saucapan, and cover with cold water. Bring slowly to a boil, skim. —Continued on Page Ten

Hard Working Women

Will Find New Strength Through the Use of Dr. Williams' Pink Pills

It is useless to tell a hard working woman to take life easily and not to worry. Every woman at the head of a home; every girl in office, shop and factory is subjected to more or less worry. These cannot be avoided. But it is the duty of every woman and every girl to save her strength as much as possible, and to build up her system to meet unusual demands. Her future health depends upon it. To guard against a breakdown in health, the blood must be kept rich, red and pure. To keep the blood in this condition nothing can equal Dr. Williams' Pink Pills. They strengthen the nerves, restore the appetite, bring the glow of health to pallid cheeks, and renew energy to listless people. Women cannot always rest when they should, but they can keep up their strength and keep away disease by the occasional use of Dr. Williams' Pink Pills. Mrs. N. E. Tompsett, Ottawa, Ont., writes:—"For several years I suffered terribly from nervous debility and was scarcely able to do a thing. During that time I consulted several doctors, and many medicines without getting any help, and I began to think that I would never get better. One day I saw Dr. Williams' Pink Pills advertised and thought I would try them. After taking four boxes I was much better, but I continued using the pills for several months when I was again in the best of health. When I began taking the pills I weighed only 100 pounds. While under their use with my renewed health I now weigh 140. I recommend Dr. Williams' Pink Pills to every one whom I know to be ailing."

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.