

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...

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.

SIMPLE CAKES FOR THE CHILDREN

Who is there that cannot recall the fascinating scent which floated from the kitchen on baking days; when not only but a round half dozen of pies were baked in the oven at once...

Sponge Cake—Break one dozen eggs into a large mixing bowl without separating, and add two cups of powdered sugar. Set this into a pan of boiling water and keep near the front of the range where it will stay at the same temperature.

Berwick Sponge Cake—Beat the yolks of six eggs very light with three cups of powdered sugar, add four cups of flour, sifted three times, one teaspoon of soda, two of cream tartar, and one of half a lemon they fold in a stiffly beaten whites of the six eggs...

Pound Cake—Mix thoroughly together three quarters of a pound of butter and one pound of powdered sugar, then add the yolks of four eggs, a pound of finely sifted flour, then the whites of the eggs beaten stiffly and then a half teaspoon of baking powder. Pour in a lightly buttered square shallow pan and bake in a medium oven for about an hour.

Soft Gingerbread—Two cups of sifted flour and one and a half teaspoons of baking powder; sift this into one cup of molasses, a half cup of sugar, butter and two eggs, mix thoroughly and add one tablespoon of ground ginger, one teaspoon of allspice and a little nutmeg. Bake in a lightly buttered shallow pan.

Crullers—A cup and a half of sugar, two tablespoons of butter, three eggs, a large cup of rich milk, three cups of flour, two teaspoons of baking powder and one of soda, mix together and make a hole in the center and fry in hot deep fat. When done drain and sprinkle with powdered sugar and pack away in a crock when cold.

Seed Cookies—Beat in a mixing bowl one egg, adding slowly one cup of granulated sugar, then one half of fresh milk, three and one half cups of flour and one heaping teaspoon of baking powder. Stir well and add a half cup of melted butter, and a heaping teaspoon of caraway or fennel seed. Beat well, then drop into a buttered dripping pan, smoothing it with the hand, sprinkle with sugar and bake. When cold cut in small squares and pack in a covered crock to keep a bit moist.

Jelly Sandwiches—Make two layer cakes after the simple recipe of one small cup of butter, two cups of sugar, three cups of flour and four eggs a teaspoon and a half of baking powder, a teaspoon of vanilla flavoring and a cup of sweet milk. This amount will make three layers. When baked split two of the layers, then spread with good jam or jelly, put on the other layer, cut them into squares and sprinkle with powdered sugar. Put in a cakebox to keep moist. The other layer may be frosted and cut into squares for a plain cake.

Ginger Snaps—One half cup of butter, one cup of sugar, one cup of molasses one tablespoon of freshly ground ginger, two teaspoons of baking powder, and flour enough to make a dough to roll out and bake.

Strawberry Dumplings

These will require one egg, a cup of sweet milk, a tablespoonful of melted butter, a heaping teaspoonful of baking powder, and four enough to make a batter that will be a trifle thicker than that which is commonly used for griddle cakes.

Pork Hash

Mix together one and one-half cups of chopped ham or shoulder meat, two cups potatoes, either cooked or raw, and two tablespoons of chopped onions. Put into buttered baking dish, cover with cracker crumbs, dot with butter and pour over all two cups sweet milk. Bake until nicely browned.

BAKED EGGS AND CHEESE

Six hard cooked eggs, one cup medium white sauce, half teaspoonful salt, quarter teaspoonful pepper, one cup grated cheese. Cut the peeled eggs into rather thick slices. Place in a casserole; add layer of sauce, then grated cheese. Repeat until this baking dish is full. Place buttered crumbs on top. Bake in a moderate oven until the cheese melts. Variation: One may substitute cooked rice instead of the white sauce.

HANDLING BERRIES

The picking and packing of strawberries and raspberries very often presents a labor question which is difficult of solution, the practice of hiring whole families, on farms where fruit is grown to any great extent, is perhaps the best way of getting out of the difficulty; but where this is impossible help must be secured from nearby towns or villages, and when such help is to be had it will usually pay the grower to transport the hands in his own fruit wagon after taking a load to town early in the morning.

HOUSEHOLD HINTS.

For Busy Housewives. As a usual thing opportunities do not loiter. It is best to grasp them promptly. Home making is a business, and every business, to be a success, must be studied and understood.

Do you want a spoon to lie level and steady while you drop a mixed liquid in it? Put it in a handle between the leaves of a stout book lying on the table.

Use the sewing machine for mending whenever possible. It is much quicker than hand work, and even patching can be done neatly on it. Patch carefully, sew, turn edges under on right side, and sew again.

An ounce of patient suggestions is worth numerous pounds of scornful reprimand. The one person of all others that we should try to satisfy—with our endeavors—is ourself.

There is no particular credit in winning out with flying colors is everything is going your way. Weak tea is good for watering the house plants, especially the ferns and foliage plants. It also lightens and fertilizes the soil. To have the wet tea leaves worked into it.

BIRDS EASILY FLY A MILE A MINUTE

Falcons are said to be the most rapid flyers, some varieties fly 200 feet a second, according to the best estimate.

Waterfowl, too, have great powers of flight. The canvasback duck covers from 130 to 160 feet a second. The blue-winged teal and the green-winged teal, the blue hill and the redheads are only a little slower. Mallards, pintails, wood ducks and others can easily fly faster than a mile a minute.

The speed of waterfowl has often been measured with great accuracy, says the Youths Companion. Two men take positions on a duck pass a measured distance apart. The first man carries a stop watch and a gun. As the fowl pass the first stand the timer stops in order to start the birds into full speed, and starts his watch. As the ducks pass the second stand the man there fires a shot, and the timer stops his watch. The usual length of the course is a quarter of a mile, although a mile "track" is sometimes used.

The speed with short square wings, like the kingbird, quail and ruffed grouse are sprinters; those with a wide stretch of wing are "distance runners." Birds of the first class attain their sudden bursts of speed through their very rapid wing stroke. Birds of the second class have sustained powers of flight, but get under way more slowly.

All the gallinaceous fowl are sprinters. They take wing quickly, their wings make a loud, whirring sound. The quail or ruffed grouse can get in a manner quite impossible of estimation by the unscientific. On the other hand, all eggs are quoted by the dozen, and all who run may read. Suppose, for illustration, two merchants in the same town are each doing

wings of the ruffed grouse roar until the sound can be heard 200 yards away.

Heavy fowl, like swans and Canada geese, have long wings and deliberate stroke; they must invariably rise against the wind. As the goose rises from the water he seems to be both paddling and flapping, and he keeps up for 20 or 30 yards before he fairly launches into the air; the swan needs 50 yards to "get his wings under him." Flamingoes, cranes and herons rise against the wind also, but their long legs enable them to spring 10 feet into the air at one bound.

These birds make only a couple of wing strokes a second when first taking to flight, but when under full momentum the strokes become more rapid. A swan cannot reach maximum speed in less than 150 yards after springing from the water; a goose requires nearly 100 yards, and a duck about 60 yards.

The jacksnipe has a very peculiar flight. When he first springs if he endeavors to travel across the wind it gets under his long curved wings, unbalances him, and forces him to tack about in order to regain his balance. When the jacksnipe goes straight up, wind, or flies, the zigzag movement is not noticeable. The wing of a jacksnipe are very long and strong compared with the weight of his body, and he simply lacks "ballast."

ASPARAGUS, SPRING TONIC

It does not seem possible that only a couple of decades ago asparagus was an unknown table guest. Of course, people grew it, but solely for decorative purposes, and many were the fireplaces made gay by its gay red berries, but to eat it, not I know one estimable gentleman (my grandfather, in fact) who persisted to bring day in the belief that it was poison.

Asparagus today has come into its own as a vegetable de luxe, and partly because of its tender quality and partly because of its subtle, peculiar flavor. Aside from the point of taste, modern science now tells us that asparagus is one of the most wholesome of the succulent vegetables because of the large per cent. of salts in its composition. These salts are stimulating, cleansing and also aperient in their effect. For this reason it is the spring vegetable par excellence when the body needs just such a tonic.

The cooking of asparagus needs a little extra care. The parboiled stalk really the green stalk before the tiny scales have expanded into branches and leaves. Owing to its tenderness, especially to these mineral qualities already spoken of, the stalks should not be boiled rapidly, as to break them, nor should they be boiled in a quantity of water. The great American sin of throwing the water in which a vegetable is boiled into the sink, so often preached against in these columns, is committed most often with asparagus; for if this vegetable is cooked in a large quantity of water and eaten without utilizing any of this water the chief medicinal or dietetic value of the vegetable is lost. It should preferably be steamed or cooked in just so much water as can be utilized in the sauce or dressing. In this way you utilize the entire "good." The water in which asparagus is boiled may be used as the basis of a cream soup, especially if the coarse ends are chopped and boiled in it and later strained through as a puree.

Various baskets and draining devices have been designed purposely for its cooking, the idea being to disturb the salts as little as possible and to have a convenient way of handling it. One of the best is a collapsible bottom which permits one to slide the entire bunch easily onto a platter without breaking a single stalk. Any wire rack will answer the same purpose. Special asparagus consisting of narrow, oblong platters, some with a depression for holding the sauce.

There are also special asparagus tongs for lifting the vegetable. These come in silver plate in different designs, some fitted with a spring, others merely acting like a double fork. They add grace to the service of the vegetable and are dainty additions to the table service.

If asparagus is fresh (and why eat any other kind of vegetable?) it is most delicious with drawn butter. But most delicious, perhaps, is asparagus with other rich sauces like sauce mousseline, or one made with eggs, enhances the flaccid taste of the vegetable.

EGGS AND THE COUNTRY STORE

It has been the custom from the time towns were settled throughout the West for the country store to handle the eggs in most instances. The peculiar workings of this system, together with its baleful effects, have been well discussed by M. H. Hastings in Circular 140 of this bureau. He says: "The trips to the general store, necessary to supply the household needs, offer the most convenient opportunity for this marketing; but there is a reason for the general merchant being an egg buyer that is more interesting and far-reaching in its effect upon the egg trade. The merchant buys eggs because by doing so he can control his selling trade. There are two reasons why the farmer trades where he gets his eggs: (1) Because it is convenient to take his one place, and (2) because he wishes to avoid offending the merchant, which he would if he broke the established custom of trading goul the amount.

The merchant knows that to buy eggs means to sell goods and that the farmer bids for eggs. His competitors in the same town, as well as in other towns, also bids for eggs. The effect to the merchant of lowering the price of his goods or raising the price of eggs is financially the same. In either case it is the matter of cutting prices under the spur of competition. Now the articles on which the merchant makes his chief profits are dry goods and notions. Such articles are not standardized, but their real value varies in a manner quite impossible of estimation by the unscientific. On the other hand, all eggs are quoted by the dozen, and all who run may read. Suppose, for illustration, two merchants in the same town are each doing

ing business with a 20 per cent. profit and are buying eggs at 10 cents and selling for 11, the 1 cent advance being sufficient to pay for the labor of handling, incidental loss, and a small profit. One merchant concludes to cater for more trade, if he marks his goods down he will gain some extra trade, but people will fear his goods are cheap. But let him put out a placard "Eleven cents paid for eggs" and the farmers will through his store be hatched on to 2 cents above the price of his goods. This rival across the street quietly stocks up with a cheaper line of dry goods, and one fine morning puts out a card, "Twelve cents paid for eggs," and more wagons frequently to his side of the street. The volume of business at the lower profit being insufficient to maintain two men in the town, a mutual understanding is gradually brought about by which the prices of goods sold are worked back to the basis of 20 per cent. gross profit, but the false price of eggs, however, draw trade from neighboring towns, and is maintained at the higher level.

As a matter of fact the price paid to farmers for eggs by the general stores of the Mississippi Valley is frequently 1 to 2 cents above the price at which the storekeeper sells the product. Allowing the cost of handling, we have a condition prevailing in which the merchant is handling eggs at from 5 to 10 per cent. loss, and it stands to reason that he is making up the loss by adding to the prices of his goods."

Extract from "The Improvement of the Farm Egg, by Harry M. Lamont and Charles L. Opperman, U. S. Department of Agriculture.

THE MARKETS

WEDNESDAY, JULY 14, 1915.

Table with columns for Toronto and Montreal markets, listing prices for various goods like Hogs Off Cars, Cattle, and Cheese.

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THE DAIRY

THE DAIRYMAN'S RESPONSIBILITY.

The dairy farmer, the producer of milk and cream, controls the quality and price of butter. If he furnishes cream of good quality he makes possible the manufacture of good butter, which will command the highest price on the market. If he supplies cream of inferior quality, a low grade butter is bound to be made from it, which means small returns for the product.

The dairy farmer is the controlling power which determines the destiny of the dairy industry. The care he gives the cream on the farm determines the financial returns from the butter; and, in turn, the returns from the butter determine the prosperity of the dairy farmer, because the price of the creamery pay for butter fat is necessarily largely regulated by the price the butter brings on the market.

POULTRY

THE VALUABLE WINTER EGG.

Farmers! are you NOW laying the foundation for a good supply of Winter eggs? So much depends upon how the hens are cared for during July, August and September, that it is impossible to be too careful. It is simply FATAL to cut down on the feed of either the young or mature stock at this season. Remember that Winter eggs have become very valuable, ESPECIALLY since the advent of "GIG" CAGES. "Grain is too high in price to feed the hens" you will say, but as a matter of fact you first class investment. If you do not feed them well now they will simply be an expense all Winter, and you will have to keep them, whereas, they should help to keep you out of the red.

CHOOSE YOUR MILKMAN

(Prepared For The Mail and Empire by Dr. W. D. Frost of the University of Wisconsin.) Too often the consumer is satisfied with milk if it seems to be clean and "good" deep cream rises from it, but a milk may be rich in butter fat and free from dirt and yet be very dangerous to use.

The only way to judge the purity of milk, outside of a laboratory, is to know the conditions under which it is produced. For the ordinary consumer this means that he must go to the dairy himself and pass judgment on the methods and equipment.

Now why isn't this a good thing to do? Make a friendly call on your milkman and get acquainted with him. If he is conscientious in his work he will meet you more than half way. If you live in a large city this may not be practicable, but you can go to the Health Department and look up the record of your milkman.

Choose your milkman. To do this properly you will have to know something about the problems of milk production. You will have to know that there are more important things about milk than its fat content. Cream, a safe milk is either good clean pasteurized milk or one from tuberculin-tested cows and produced under conditions that will ensure as far as possible freedom from the possibility of infection.

Such a milk will cost more to produce than just ordinary milk, but it is worth more. There is a feeling abroad that with the prevailing increase in the price of milk the producers are making a large amount of money, are profiting by the public agitation of the matter of better milk, and do not need the better prices to make a reasonable profit.

The high price of cattle, the remarkable advance in the price of grain, and the good prices that must be paid hired men, fix the price of milk. More important still is the reasonable cost of getting it from the producer to the consumer. In a general way only about one-half of the price you pay for milk goes to the farmer. The other half goes into bottling and delivery.

How much different milk wagons go past answer the question, "What is the price of milk so high?" It will be still higher unless we devise a better method of putting milk into the homes of the consumers.

METHOD OF MILKING.

Milking by the very reason of its frequency is very apt to be considered an operation of little importance. But when we consider that the dairy farm depends upon this particular operation perhaps more than upon any other, it is important to look at it in the light that its importance is great. Careless milkers never produce record-breaking cows. It is impossible that they could do so. The cows under their care will be more likely to degenerate in producing capacity. If we look at it in this way we will know why beginners, rough, careless, and irregular milkers are always a detriment to the development of a heavy producing herd.

The udder of the cow should be considered as a delicate piece of machinery, and should be handled accordingly. No roughness and no half operations are allowable. There is only one way to succeed in milking in so far as the operation of milking is concerned—only one natural way to get the full yield of milk in the shortest possible time, with ease and without tending to damage the future usefulness of the cow. The milk can be forced out of the udder into the teat until the muscle at the top of the teat, where it joins the udder, is pressed. Immediately this muscle is pressed the teat fills with milk. Now that the milk is in the teat it remains there until the finger is brought to the teat, and is best performed by placing the fingers about three-quarters of the way around the teat, the fingers being used with the ends of the hands. In this way the milk duct is better manipulated than if the fingers encircled the whole of the teat. The whole operation of milking should be carried out by the wrist downwards, by the action of the fingers and hand; the arms is never brought into play by good milkers.

Some milkers in an endeavor to make milking easier—to make up for the lack of the right use of their fingers—practice "wet-milking." In this operation the fingers are usually dipped in milk and the teat kept continually wet. Such a filthy habit as this cannot be too strongly condemned. It is only a habit and although it

usually does make milking easier, dirty farms that lay claim to clean stables, milkers and cows, never admit this method of milking in their herds. Dry milking should always be insisted upon. Tough milking cows can usually be improved by good milkers, while heifers and young cows can be spoiled for future milking by continually practicing wet milking. There are many other phases of the milking operation which might be dealt with but the principles are the same in each case and apply equally in the small and large herd.—J. B. Henderson, in Farm, Stock and Home.

AMONG THE HORSES

Tommy Murphy is going to try his luck with the twice-around for a couple of weeks.

Victor Douze's Alfio took the first heat of the 2.14 mixed at Houlton the other day in the fast time of 2.13 1/4.

POULTRY

THE VALUABLE WINTER EGG.

By T. A. Benson, Dominion Poultry Representative.

Farmers! are you NOW laying the foundation for a good supply of Winter eggs? So much depends upon how the hens are cared for during July, August and September, that it is impossible to be too careful. It is simply FATAL to cut down on the feed of either the young or mature stock at this season. Remember that Winter eggs have become very valuable, ESPECIALLY since the advent of "GIG" CAGES. "Grain is too high in price to feed the hens" you will say, but as a matter of fact you first class investment. If you do not feed them well now they will simply be an expense all Winter, and you will have to keep them, whereas, they should help to keep you out of the red.

Indications are that the moulting of the manure birds will set in earlier this year than last, and this will provide an excellent opportunity to get the flock into good condition for the Winter.

Remember that the severe strain of moulting follows the strain of heavy production; new feathers have to be made, and the system of the birds are now drained of the elements that are so necessary for making feathers. The hens are not able to look after themselves to the extent we think they can in Summer.

Dry mash is better than wet mash at this season, and they should not be fed damp more than twice a week, and that at noon. The mash should consist of—

Two parts wheat bran, One part wheat shorts, One part ground oats, 5 per cent linseed meal, old process, or ground oil cake.

When fed damp, this should be mixed with sour separator milk. Pure water, not separator milk, grit and bone should be before the birds at all times. If you cannot obtain bone in any other form, burn ordinary bones quite black and give them all they will eat; This will help the feathers.

Try and arrange so that there is a good dry place for the hens to scratch in on wet days; an open place with deep straw on the floor and a little grain thrown down, would give ideal conditions. The wet is very hurtful to moulting hens and young growing stock.

If the hens are not on a free range, see that they have an abundance of green food and keep them busy. Also give them a dust bath.

Keep the young stock separated from the older birds as far as possible. The pullets separated from the cockerels. You will be astonished at the increased growth, if you do not Lice and mites will be busy now sucking the very life out of your poultry. Do not feed these pests; that will make feed dear indeed.

Dust the birds with common yellow sulphur powder to kill the body lice, and spray the hen house with a solution of red mites. Ordinary lime wash with a little lard or carbolic acid and some salt mixed into it will be effective.

Keep the young stock growing, because if they stop growing they will be stunted, and once stunted are stunted. Watch them day by day, and see that they are comfortable and well fed. If you do your will decide that it pays.

Give the winter could not buy and cities late in the year. They wanted them but had to go without. Give the above system a trial.

GET RID OF THE ROOSTERS.

Experiments by poultrymen show that a cock eats enough each month to produce a dozen eggs. If the same food he consumes were fed to a good hen, old cocks and non-productive hens eat but return no income. Half a dozen cocks with five or six dozen hens, will produce all the fertile eggs needed for incubation, while the hens, after the removal of the males, will continue to lay as many, as large and as good eggs as they will when in policy of separation of the sexes after the incubation season, results in vigor and thrift among the remainder of the flock, and in greater profit to the owner. Get rid of the old cocks and lazy hens. They are only feed consumers and drones. Then select a dozen of your most energetic, active, happy hens, and a male of like quality, the best fighter in the bunch. Give them a small house and yard, and themselves with lots of straw to compel exercise; all the grain they will dig for, milk, alfalfa leaves or other green food, such as cabbage, betts, etc., and table scrap; eth nose the eggs from this pen for hatching. Then, as says the Colorado Experiment Station, if you don't get better chicks than you ever had by the old haphazard way—better hatchers, better growers, better lookers, and better and earlier layers—we'll never say a word against the old rooster again.

"Is your horse troubled with a cough? If so you should give him a treatment of Macs Horse Cough Powders and Distemper Cure. They will immediately cure any case no matter how prolonged it has been. Try it now—don't delay. The Macs, 149 Great George Street, Mt.

At the races at Youngstown, O., last week a world's record was announced after the horse that had established the mark had died. This occurred in a race in which the trotter Lou Jennings had beaten Tom Patch in a six-heat contest. Tom Patch won the first and fourth heats and the timers hung out 2.10 for the first mile. The next day it was announced that a mistake had been made and that the official time of the mile was 2.08 1/2. This correction gave the fastest mile ever negotiated by a stallion on a half mile track. The horse became so exhausted in the race that he died soon after the contest ended.

Four of the greatest trotters in the world will race in Detroit this month for a purse of \$5,000 and for the title of champion trotter of the world. The race, which will be staged during the Grand Circuit meeting ought to furnish more thrills than any trotting battle in the history of the game. It will be a three-heat affair. The trotters entered are: Anna Bradford, 2.00 1/4, to be driven by "Pop" Geers; Frank Bogash, Jr., 1.59 1/4, driven by Dick McMahon; William, 2.00, driven by Marvin and Directum. The winner of the first best will get \$1,500, the winner of the second will get another \$1,500, and the winner of the race will get \$2,000. Any horses reducing the present world's record of 1.58, held by Directum I, will get an additional \$500. The nearest approach to a race that has contained such sensational performers was in the four-cornered

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The 2.16 trot and pace at St. Stephen the other day was by Lady Fondly in 2.17 1/4. The 2.22 pace went to Eugene in 2.29.

A crowd of 7,000 saw Hanks Bellini, a grandson of Nancy Hanks, win the 2.11 pace at Youngstown, O., the other day in 2.11 1/4.

Lulu Lumine 2.09 1/4, who failed to show anything last year, has trained to order this season and is expected to be a winner in her class.

The eyes of turf followers are on Peter Scott just now. He will meet a real trotter when he comes up against Lee Axworthy 2.08.

Peter Preston, p. 2.06 1/2, by Peter the Great 2.07 1/2, did recently from blood poisoning at the farm of A. C. Mackenzie, Portage La Prairie, Man.

Cliff Todd's little black pacer Tango, by Directly, surprised the railbirds at Detroit when he took the long end of the purse in the 2.25 class in 2.14 1/4.

Ima Jay 2.13 1/4. Harvey Ernest's good Jay McGregor trotter is out of a Rhythmic mare that is a half sister of Susie J. 2.06 1/2. Some pedigree that!

A fine \$100 each was tucked on to Fleming and Noble for leading in the first heat of the 2.08 pace at Detroit. There's a hint in this for some other tracks.

Lord Stout won the three year old trot at Youngstown, O., the other day after Don Marquand and Way Cry had each landed heats. The best time was 2.14 1/2.

"Jack" Leonard had his sulky broken in the 2.16 pace at Springfield, Mass., the other day. The nearest he came to getting in the limelight at the Bay State Circuit races.

Dick McMahon is talking about a yearling by Billy by Azoff, 2.21 1/4, dam Di-Oakland by Oakland Baron 2.09 1/4. Although it was only shod on June 12 it recently showed an eighth in 18 seconds.

The 2.25 trot at Windsor, Conn., last week was won by heats, finally going to Lucy Reynolds. The best time was 2.16 1/4. The 2.22 pace raced the same day went to Bessie J. In straight heats. Best time 2.18 1/4.

Frank Patch, owned in Halifax, won the free-for-all at Portsmouth, N. H., last week defeating St. John and Donna American in 1.07, 1.06 1/2, 1.04 1/2. Walter Cox has taken Frank