THE MAGAZINE GUARDIAN

For Parents, Pupils, Teachers, Farmers, Dairymen, 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 general interest and space will be given to any articles that will in any way help to advance Prince Rdward 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 afte that hour cannot appear until the following week.

THE SCHOOL AND THE HOME

Contributions for this Department should be addressed to P.O. Box No. 116, Charlottetown.

DOMESTIC SCIENCE

Owing to the great demand for complete sets of the Rules, Methods and Receipes given to the Short Course Students in the Cooking Classes, conducted at the Prince of Wales College during January and February last by Mrs. A.E. Dunbreck, Supervisor of Women's Institutes for Prince Edward Island, it has been deemed advisable to print this information in a form of a series of lessons through the medium of the Press. These articles will include the Class Notes given at the Short Course on the principles underlying the preparation of the different foodstuffs for the table with accompaning recipes. Such subjects as Bread Making, Cake Making, Soups, Deep Frying. The Lunch Box, with recipes for salad dressings and sandwich combinations, Candy, Hot Supper Dishes, The Cooking of Meat, Deserts, Pastry, etc., will be dealt with.

WASHING DISHES — CARE OF DISHES.

PREPARATION.

1. Collect and scrape all dishes to be washed.

2. Pile all articles of each kind together, plates by themselves, the largest at the bottom; silver articles together, and steel knives and forks by themselves, etc.

3. Make ready two pans.—fill one half full hot, soapy water for washing, and the other half full with clear hot water for rinsing.

NOTE— Work is made much easier, if saucepans and other cooking dishes are washed as soon as used. If soaking is necessaey, fill with cold water as soon as emptied.

SOAKING DISHES.

Cold water should be used for dishes which have been used for milk, eggs and starchy foods. Hot water should be used for dishes used for sugary substances, and for sticky, gummy substances like gelatine.

Greasy dishes of all kinds, including knives, are more easily cleaned if first wiped with soft paper. This paper may be used for kindling.

ORDER.

(1) Glassware; (2) Silver; (3) Cups and Saucers; (4) Plates; (5) Platters and Vegetable Dishes; (6) Cooking Utensils, (if not washed first)

METHOD.

(1) Wash dishes in hot, soapy water; Cut glass is liable to crack in hot or cold water, so warm should be used; (2) Rinse in clear, hot water; (3) Drain; (4) Wipe dry with clean tea towels.

In putting dishes away, hang up what can be hung, and place other dishes upside down to keep out dust.

GENERAL INSTRUCTIONS.

In putting glasses in hot water they should be dipped in edgewise, so that both the outside and inside are heated together. This will prevent their cracking.

The handles of knives of bone, ivory or pearl, should not be put into the water as they are liable to split. They should be wiped with a wet, and then with a dry cloth.

A soft thin dish cloth is better for glass and silver, but coarser, thicker material may be used for other dishes. Wash every part outside and inside of every dish with the cloth. If the dish is too small to allow to go in as in some pitchers, a mop may be used

NOTE'— Greasy dish cloths and towels furnish a most favorable soil for germ growth. A greasy dish cloth hung up in a dark place is dangerous, no damp articles should be stored in the dark. Dish cloths and towels should be scalded and dried in the sun.

MEASURING.

Correct measurements are absolutely necessary to insure successful results in cooking.

Flour, Meal, Powdered and Confectioners' Sugar and Soda should be sifted before measuring. Mustard and Baking Powder, often settle in the cans, therefore should be stirred to lighten. Salt lumps easily and the lumps should be broken before measuring. These should be put into the measure with a scoop or spoon and not packed hard.

All materials are to be measured level the leveling to be done with a case knife.

To measur Butter, Lard, etc., pack solidly into the cup or spoon, and make level with a knife. If the fat is very hard, cut it into small pieces before measuring.

To measure a spoonfull of any dry substance dip the spoon into the substance, fill it, lift it and level it with a knife.

For half a spoonful divide lengthwise.

For quarter of a spoonful divide the half crosswise.

For one-eight of a spoonful divide the quarter diagonally.

Less than one-eight of a teaspoon is considered a few grains.

A cupful of liquid is all the cup can hold.

A tea or tablespoon of liquid is all the spoon can hold.

MEASUREMENT.

FLOUR:			
Bread	1 Cup	4	Oz.
Household	1 Cup	4	Oz.
Pastry	1 Cup	4	Oz.
Whole Wheat	1 Cup	4	Oz.
Graham	1 Cup	4	Oz.
RICE:			
Best	1 Cup	8	Oz.
Common	1 Cup	8	Oz.
Flour	1 Cup	8	Oz.
SUGAR:			
Granulated	1 Cup	8	Oz.
Extra Ground	1 Cup	8	Oz.
Fruit	1 Cup	8	Oz.
Icing	1 Cup	7½	Oz.
PICES, ETC.:			
Ground Cinnamon	1 Cup	4½	Oz.
Ground Cloves	1 Cup	4½	Oz.
Ground Mustard	1 Cup	5	Oz.
Ground Ginger	1 Cup	4½	Oz.
Ground Allspice	1 Cup	4½	Oz.
Rolled White Pepper	1 Cup	6	Oz.
Rolled Oats	1 Cup	3½	Oz.
Rolled Wheat	1 Cup	3	Oz.
Cornstarch	1 Cup	5½	Oz.
Sago	1 Cup	6½	Oz.
Tapioca	1 Cup	7	Oz.
Peas, split	1 Cup	8	Oz.
Beans, white	1 Cup	5½	Oz.
Cocoa	1 Cup	5	Oz.
Cream of Tartar	1 Cup	6½	Oz.
Baking Soda	1 Cup	4	Oz
Vinegar	1 Cup		
Molasses	1 Cup		
Golden Syrup	1 Cup		

NOTE.—1 cup equals ½ pint; 16 tablespoonsful is equal 1 cup; 3 tea spoonful equals 1 tablespoonful. 1 egg equals approx. 4 tablespoonfuls: 4 cups grated cheese equals 1 pound.

COMBINING.

Next to measuring comes combining

Three ways are considered: Stirring, Beating, Cutting and Folding.

TO STIR—Mix by using circular motion; widening in circles until all is mixed.

TO BEAT—Turn ingredients over and over, continually bringing the under part of the surface.

TO CUT AND FOLD— Combine one ingredient or mixture by two motions with a spoon, a repeated vertical downward motion, known as cutting, and turning over and over of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, called Folding.

By stirring, ingredients are mixed.

By beating, a large amount of air is enclosed.

By cutting and folding, air already introduced is prevented from escaping.

THICKENING PROPORTIONS TO ONE CUP LIQUID ALLOW:—1 tablespoon Cornstarch; ¾ tablespoon Arrowroot; 1½ tablespoons Wheat flour.

ROPORTIONS SUITABLE FOR HOT MIXTURE (TO 1 CUP LIQUID.)

½ tablespoon cornstarch, a very thin sauce or a thin laundry starch.

1 tablespoon cornstarch, a thin sauce, pudding sauce.

2 tablespoon cornstarch, a thick sauce.

3 tablespoons cornstarch, a very thick sauce as for croquettes.

ROPORTIONS SUITABLE FOR COLD MIXTURES (TO 1 CUP LIQUID):

1½ tablespoons Cornstarch, Pudding
1½ rablespoon Cornstarch, Pudding ndry starch.

to be served from dish.

2 tablespoons Cornstarch, Pudding to be served moulds (small).

3 tablespoons Cornstarch, Pudding to be served moulds (large).

Allow 4 tablespoons ar 1 oz. gelatine to from 3 to 3½ pints liquid for a set jelly to turn from moulds.

For cream soups allow ½ cup vegetable pulp to 1 cup sauce.

For croquettes allow 2 cups meat or fish to 1 cup sauce.

LEVEL MEASUREMENTS USED IN ALL CASES.

THE FARM

REARING YOUNG DUCKS

If properly cared for, ducklings are easily raised, and should be full grown at ten to twelve weeks. Their care differs from that of chickens, and the first principles of duck culture should be learned before the batch is due. If brooders are used, be careful not to over heat them. Also keep brooders very clean, with fresh straw in plenty—they must have dry sleeping quarters.

The best feed for young ducks for the first six days is, eggs boiled 30 minutes and only the yolks used, which are crumbled and mixed with bran. After feeding this four times daily for about six days, gradually work them on to a damp mash consisting of four parts bran, two parts corn meal, one part wheat middlings, one-half part meat scraps sprinkled with sand. After tenth or twelfth day, chop onion tops, alfalfa, clover, lettuce or some green stuff and give them—they must have plenty of green stuff. At this time three times a day is often enough to feed.

Keep plenty of drinking water before them, and it better be too warm than too cold. Some say, keep all drinking fountains perfectly clean—I say keep them as clean as you can, and that's some work—they are mussy little fellows.

If fed regular, with plenty of drinking water, oyster shells, char-coal and sand they will grow like mushrooms, and the first thing you know we're back to getting eggs again. Frequently young ducks begin laying at from four to five months. I don't advise too early maturity as it weakens the hens for brooders.—Frell Crane.

INCUBATION & BROODING.

(By Mr. T. A. Benson).

When should we commence to prepare for the hatching season? Now! his may be taken as the correct answer to the question at any season. e cannot commence to soon.

The foundation should be laid by securing or building up the right ind of stock from which to obtain uch eggs as may be reasonably expected to produce strong vigorous hicks which are bound to thrive ith anything like fair treatment, roviding the hatching operations ave been properly conducted. Supposing that we have good birds and hey have gone into the winter house first-class condition which is of he very greatest importance; then e must conserve their health and igour by properly housing, feeding, nd generally caring for them. We ust realize the value of our breeding stock and be unremitting in our re and attention, insisting upon egularity in every detail. Healthy urroundings in which must be included a sanitary, well ventilated ouse, and good food, correctly fed.

The cotton front house, dry feeding principally, abundance of pure ater, green food, hard grit, and harcoal, and a dust bath are in oppers, a moist mash may be given ay three times a week and this hould be composed of the best of he table scraps and a few small otatoes boiled, mixed with just arm water or milk and dried to a umbly consistancy with the same eal as fed dry. Feed this always t noon sparingly not as much as he birds will eat. By this time middle March) or even earlier the irds to be bred from should be ated up, and arrangements made o give them the very best possible onditions so far as exercise is concerned. These are the birds which hould be le an, as they are the ost valuable, but if it can be arranged to let all the birds run and till keep the breeders separate so uch the better.

In mating be careful to observe hat none of the hens have any deects which may be similar to deets in the male bird, no matter how light, and bear in mind that a good ale bird is of the greatest importnce. The prepotency of the male is o great that he may be said to onstitute two-thirds of the flock, so o not be afraid to pay a good price or a male if you know you are geting him from a reliable source. red only from your best and then ou will obtain more chicks from ess eggs. Select for hatching normal ggs, true to the type of the breed, iscarding weak shells, rough or ribed shells, eggs that are very small, bnormally large, long or very ound. In selecting hatching hens hoose those that are in the best ondition and quiet so that they ill nestle on the hand when placed der them in the nest. Set as any hens at one time as possible, nd having selected them see that hey feed well in the afternoon and emove them at night to nests specially prepared in some perfectly lean place as possible away from he other birds as they must be seluded. Be careful to thoroughly ust the birds with insect powder or rdinary sulphur powder before plac- g them on the nests, and dust hem again in a week's time and ast before the chicks hatch. Test he eggs the seventh or eighth day, aking out the infertile and dead erm eggs, then probably a less numer of hens can cover the remaining ood eggs and some eggs can be set t once.

Feed the hens on whole grain during the hatching season giving them lenty of green food and pure water nd a dust bath. Do not worry the ens while the chicks are hatching ut clean out the broken shells when he hatching is about completed and hen leave them quiet for a day or ven more as nothing will strengthen he little chicks so much as a complete rest and quiet, and they should no account be fed for at least orty eight hours after they are atched or even longer.

Good nests can be made by taking twelve inch board and cutting it nto three equal lengths using one our foot piece for the top, one for he back, and one for the bottom. A iece of the same material can be ut into one foot lengths. for the nds and partitions. Along the front a four inch strap to keep the litter in and a slatted door is hinged n the front so that when it is opened it forms a platform to the front the nest. This is done by using edge shaped cloates to hold the lates, the thick edge of the wedge eing at the bottom of the door hich opens downwards and this hick end will butt into the four ch strip.

The hens when first placed on the ests are well fed and the slated oor should be closed and buttoned p to keep the hens imprisoned until ext afternoon at feeding time when they should be let out and fed and mprisoned again till same time next fternoon.

Artificial nest eggs can be placed under the hens for the first three days and then any of the hens that will return to the nests after feeding may be trusted and it is a good lan to make them return to these nests for as many as four days. It ill be quite safe all through the atching time to allow the hens to turn to any one of the nests, being careful that only one hen is on each est. Better results are often obtained by hens changing nests in this manner. When the chicks are ready o be taken from the nests, the best mothers can be selected and each iven charge of from 15 to 25 chicks according to weather conditions, nd the remainder of the hens broken of their broodiness.

POWDERY SCAB OF POTATOES

Some time ago it was found that there existed in the eastern provinces of Canada, viz; Prince Edward Island, Nova Scotia, New Brunswick and Quebec a disease of the potato tuber known as Corky or better Powdery Scab, which had probably been present, at least in some localities, for a number of years, but not distinguished from the disease known as Common Scab.

While this disease, under Canadian conditions, has so far only in one instance given indications of being more destructive than Common Scab, it is nevertheless a very undesirable malady to have permanently established in potato growing land. As a result of the discovery of Powdery Scab, the United States authorities, through fear of introducing the disease, have enacted that potatoes shall not enter the United States except under a rigorous system of certification, which includes a certificate to the effect that the potatoes were raised in an area in which neither Potato Canker nor Powdery Scab exists. If the export with the United States is to be regained in face of the existing regulations the methods directed towards the eradication of the disease must be followed intelligently and in a thorough spirit of co-operation.

In order to familiarize the farmers of Canada with this disease Mr. J. W. Eastham, Chief Assistant Botanist of the Central Experimental Farm has prepared a comprehensive circular entitled Powdery Scab of Potatoes, which is Farmers' Circular No. 5 of the Division of Botany and is available to all who make application for it to the Publications Branch of the Department of Agriculture, Ottawa.

The nature, symtoms, and preventive methods are fully outlined and the following summary of recommendations for control of Powdery Scab are given:—

1. Use only "seed" from a crop free from the disease.
2. Disinfect such "seed" as to destroy any stray disease germs.
3. Use land known to be free from the disease. In most areas this will have to be land not previously planted to potatoes.
4. Do not plant potatoes again in land which has shown the disease. If possible seed such land down to grass.
5. Isolate the crop from and field showing the disease, and take all possible precautions to avoid the pores from this crop scattered where they infect other potatoes.
6. Pay special attention to the cleaning, and, if necessary, nisinfection of implements which may carry the disease.

THE DAIRY COW'S RATION.

Since it is important that a cow should have enough feed to satisfy the appetite, the proportion of coarse feed to grain must be adjusted to her actual needs. Roughage, in a general way, should be fed according to her size, allowing two pounds of hay per hundredweight when it is the only roughage used. When silage is fedt the general rule may be to feed one pound of hay and three pounds of silage per hundredweight and the balance of the nutrients neede should be provided in concentrates except that when roots are fed they grain at the rate of ten pounds of roots for one pound of grain. Thes directions are only general, as in practice it will be found that spare big bodied cows will take relatiely mor roughage..

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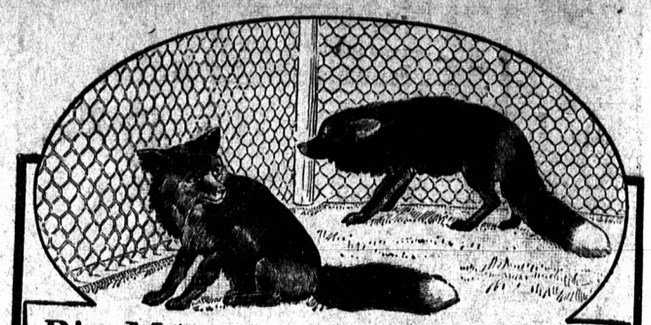

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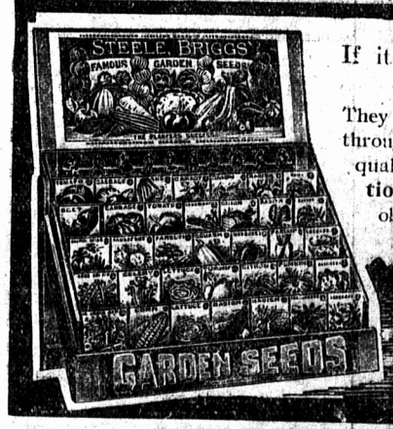

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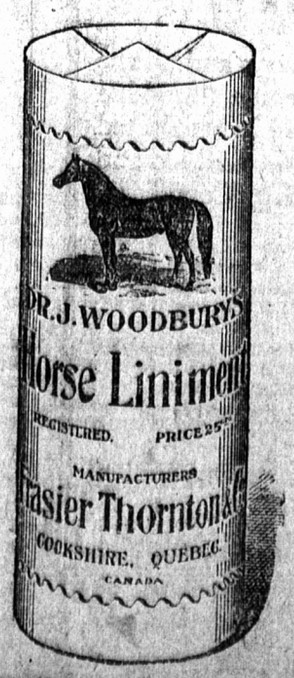

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