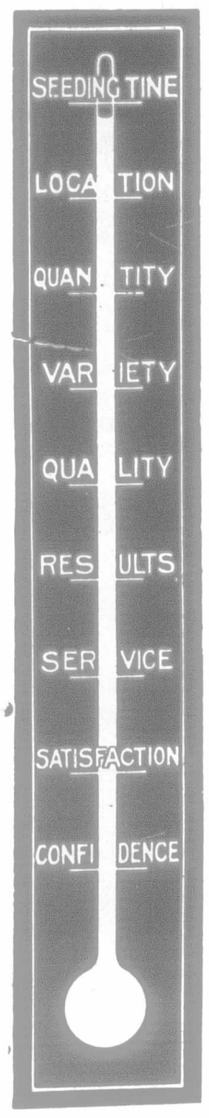
IF THEY COME FROM McKENZIE'S THEY MUST BE GOOD



Almost up to Seeding Time

SEED for SPRING SOWING is the CHIEF OBJECT of the farmer just now.

Too much consideration cannot be given the matter, for it requires about the same amount of labor and expense to SOW POOR SEED and HARVEST a POOR CROP as to SOW McKENZIE SEEDS and HARVEST a GOOD CROP.

Our Stocks are replete with

Vegetable Seeds
Flower Seeds — Nursery Stock
Field Roots — Ornamental Shrubs
Seed Grain — Hedge Plants
Clovers — Horseradish Roots
Grasses — Rhubarb Roots
Flowers — Seed Potatoes
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Seedsmen to Western Canada

INGLE NOOK CHATS

HOUSEHOLD SANITATION.

BY MARY E. ALLEN-DAVIDSON, M. D.

CHAPTER III.—THE CELLAR.

(*Continued from page 470.*)

CARE OF THE CELLAR.

Many of my readers, especially those in town, will not have the privilege of choosing the site or planning the construction of their homes. They purchase or rent a house and so have to accept existing conditions. Then, go bravely to work to rearrange and sweeten and brighten up the place to give the unpurchasable touches that transform the house into the home.

Begin at the cellar. Don't be content with half measures. Be more scrupulous in cleaning your cellar than even if it were your living room. If there be the slightest dampness or mustiness do not rest until the drain is in working order, the windows opened up and thoroughly cleaned. Let in wind and sunlight until every nook and corner is freshened. Brush down walls and ceilings; get rid of mould, cobwebs and dust. Whitewash the walls, using fresh quick-lime. This will leave your cellar wholesome and without any lurking infection. Having put it into good shape, inspect it often and thoroughly. Investigate and remove the cause of any odors.

Every Spring clean out *everything, absolutely and rigidly*. Remove *all* vegetables. Pick over and return the sound ones after cleaning up process is complete. Take out all boxes, barrels, boards, everything movable. The best way is to leave these in an outhouse till needed in the fall, after they have been thoroughly cleaned and left in the sun and wind for some days.

It is specially important that the air rising from the cellar should not be impure, because the children are the greatest sufferers from the damp, cold or vitiated air, as this is much more harmful at the height of three feet or under—that is, at the breathing level of a child—than at the height of five or six feet, the breathing level of an adult. We have all observed that air is much colder at the feet than at the head and that air that is only comfortably warm to us while standing on the floor becomes suffocating if we try to breathe it at the ceiling. This is because cold air is heavier than warm air. Impure air also, is heavier than pure air; hence all cold, damp, impure air is carried near the floor by its weight and so the children, especially babies who are allowed to sit and creep on the floor, are more exposed to the dangers of a dark, damp, dirty cellar than are grown-ups who also are changing from room to room more frequently.

Have any of my readers a closet in the cellar for winter use?—a "ventilated" closet, for example, even a "crematory"? The latter is not so objectionable, but *no* closet is safe at all times. It *will* get out of order, so remove it at once and never put it in again. It does not pay to take chances. Any impurity from it must be most vitiating. If you have milk in the cellar it cannot escape contamination. Also the air passes up into the living rooms and may endanger your own or your children's lives. Diphtheria has been traced to such a source and other diseases as well. I have dealt with the proper place for winter closets in a previous chapter.

In conclusion, let me again urge those who contemplate building, to spare no expense to have a bright, cheery, well-ventilated cellar or basement. Those who have cellars, go to work and overhaul them thoroughly and make them as nearly ideal as you can. Do not put it off. Spring will soon be here. Do it then. It is important. You will be surprised at the pleasure the result will give you.

The next talk will be about the living rooms of the home.

DEW CAKES.

Dear Dame Durden:—Some time ago (Dec. 5th, '06, issue) you printed a recipe for bread. We tried it, and can truthfully say we never before ate such delicious bread. But we would like to know if one could add to it, if some yeast is left, or is it necessary to make it fresh each time? Also if one may add to it, can it be used directly, or must it wait three days, as if made fresh? At any rate it is most lovely bread. I wonder did many others try it!

I will finish by giving a recipe of ours I do not know the right name of these cakes, but we call them

DEW CAKES.

One lb. corn starch, 2 teaspoons baking powder, the rind of 3 small lemons, ½ lb. of sifted sugar, ¾ lb of butter, 4 eggs. Method.—Cut the lemon peel into shreds, and chop finely. mix flour, sugar and baking powder together; add the butter, well beaten to a cream; then the eggs, also well beaten. Stir all the ingredients together, and put a teaspoontul into each little patty-pan. Bake for about five minutes in a rather quick oven.

IVY LEAF.

(I am glad, but not surprised, that you liked the bread. It disappears rapidly at our house. Several other members of the Ingle Nook have tried the same recipe and found it satisfactory, and one of them, "B. S.," says that a cup of yeast can be used as a starter instead of the two yeast cakes used in the original composition. It would be better I think to let it stand the three days, as you can then be sure that the yeast has penetrated the whole mass. The yeast itself can be made in any quantities and used as desired, for it will keep indefinitely in an earthenware jar in a fairly cool place The recipe you sent sounds good to me.—D.D.)

HOW TO BOIL BEANS.

Put a pound of beans in a basin; pour boiling water on them and let stand for 10 to 15 minutes. Then wash the beans in the water, put them in a sauce pan with cold water (let there be at least an inch of water over the beans,) and boil for an hour, always keeping them well covered with water. They will be boiled soft by that time. The next step is to pour off the water; make a large cupful of thin batter of flour and milk (or water); mix salt and pepper to taste in this batter; pour it over the beans; and let them simmer for 10 minutes, when they can be served and if celery salt is used instead of pepper it improves the taste. If the water used for boiling is hard, add a little soda to soften it.

A MERE MAN.

(Many thanks for the recipe. It is entirely new to me, but sounds just as good as the neighbors say it is.—D. D.)

MORE ABOUT HEATERS.

Dear Editor:—Some one asked for information about heaters. There is an oil stove called "Primus" worked on the same principle as the lamps that painters use for burning off old paint. It gives a great heat, is easily worked and costs about 5 cents per 12 hours in coal oil. It will heat a good sized room easily, and is free from all odor, but of course, must be kept well cleaned. Perhaps some of the readers of the FARMER'S ADVOCATE can state where it is obtainable.

THE SKIPPER.

RESIDENT CAN HELP.

Dear Dame Durden:—I am another of the newcomers and enjoy your Ingle Nook Chats immensely. I have intended for some time to write and tell you so, but put it off. In your paper of February 27, Resident speaks of curing feathers properly. Now I think I can help you if you can tell me how