

never knew one that did not give more milk than any other cow, but the Durham breed is not so hardy to cold as some other of our breeds. A Durham, or as I should properly now say the Shorthorn, needs good, warm shelter in severe winter weather or really bad weather of any kind. For that matter, all animals should be given this, but if anything will diminish the milk flow of the Durham and take its fat it is turning it out in stalk fields to shiver the winter through. Inflammation of the lungs we found to be their menace.

Cases of Stock Poisoning

Once two of our Durhams jumped the woods fence—they can most of them jump a tolerably high fence—and wandered off to a sorghum mill. They got over the fence into the pummies, or ground stalks, and ate them. They were both dead by morning. These stalks, after standing a while, develop enough of a certain drastic poison to kill cattle.

Once on a neighbor's farm I saw a

case, or rather several cases, of something that used to be called the "mad itch". A bunch of hogs had been fed corn on the stalk while fattening. Hogschew over these stalks while eating the corn, and it is quite dangerous, though some farmers do not know it, for cattle to eat these chewed-over stalks. Our neighbor's cattle ate these; the stalks would not digest and pass on out of the stomach; an inflammation set up that literally turned the cattle mad. They would stop and scratch their hides on the fences, then gallop and bellow until they died.

We also never allowed cows to eat the rotten hay in manure piles. Some will do it in spite of you. It invariably causes the milk to froth in the churn and the butter to refuse to "gather". I have known the sudden death of cows also to be attributed to eating too heartily of straw or hay thrown out with the manure, although I am not so sure of this as I am of the frothing milk while churning it for butter.

LESSONS IN COOKING

By Edith Charlton Salisbury

— No. 2 —

Some first principles. Little things, the knowledge of which makes the work easier and pleasanter.

Last month, in preparing for our practice lessons in cooking, we took a glance at food values and briefly attempted to explain the meaning of food constituents, and the use of each in the body. Now we are ready to begin work and will prepare some of the simplest, most practical dishes, for three meals a day.

But before beginning to cook, it is well to arrange the kitchen in the most convenient way for our work. Every article, and each piece of furniture, should be in the most desirable place to insure the work being accomplished with the least expenditure of time and comfort. The size of the kitchen will vary with conditions and with the amount of work to be done, but it should be no larger than necessary; there should not be even one square foot of space that is not needed, if it can be avoided. There should be good ventilation and good light and the principle pieces of furniture should be as near together as possible, to eliminate unnecessary steps.

Have the cooking utensils conveniently arranged in cupboards, on shelves and hanging on the walls. The kitchen is your work room and there is no reason why the implements of work should be kept out of sight. Before beginning to cook, see that all the utensils and food materials are in readiness. If coal is the fuel, make sure that the oven will be the right temperature when you are ready for it. To have everything ready before you begin operations always means a saving of time in the end and perhaps means a better finished product. For a large kitchen, especially if utensils and supplies are at some distance from the stove, a particularly useful contrivance is a cooking table on wheels which can be moved from one place to another to be loaded with the materials likely to be needed. Have the utensils hung around the sides and then the table may be wheeled into the handiest place for work.

An excellent housekeeper of the old-fashioned type used to give this advice, which might very well be followed by some of the young cooks, who boast of having had scientific training. This housekeeper said: "Always clean up as you go along, put things away as soon as you have finished using them. Don't leave the sugar can and the flour bin uncovered after you have taken out what you want. Wipe off the receptacles and put them back in their places. It will save you time in the end."

Do not use any more cooking and mixing dishes than necessary; save work by rinsing or washing and using the same ones over again. Put to soak as soon as you have finished using them all dishes that cannot be easily washed.

Do not make half an hour's dishwash-

ing in preparing a meal. Work neatly—do not "clutter up" the kitchen.

Before beginning to cook, make sure that hands and nails are perfectly clean and hair neatly dressed.

Some Important First Principles

Besides rules for measuring, which were given last month, there are a few little facts that it is well to master thoroughly; for attention to them always make work easier and success surer. The common thickening agents used in ordinary cooking are flour, corn starch, eggs and gelatine; junket or rennet tablets are sometimes used in thickening milk. To know the proportion of these materials to be used with a given quantity of milk is important.

One level tablespoon of flour will thicken one cup of liquid for soups or gravies.

Two level tablespoons of flour will thicken one cup of liquid for sauces, suitable for creamed vegetables, puddings, sauces and creamed oysters.

If cornstarch is preferred to flour, use one and one-half tablespoons to each cup of liquid, and when browned flour is needed to thicken gravies use one and one-half tablespoons instead of one of ordinary flour.

Four level tablespoons of cornstarch will thicken 2 cups of milk for cornstarch pudding.

For a baked cup custard, use one egg to each cup of milk. To make a custard that will turn out of the baking dish and hold its shape requires three eggs for two cups of milk.

One tablespoon of gelatine will stiffen about one pint of liquid in winter, about one-half teaspoonful more may be necessary in warm weather.

Leavening Agents: Doughs are made light either by the use of baking powder, sour milk and soda, molasses and soda, beating in air and entangling it in egg, enfolding the air in thick doughs or by yeast.

The principle is the same in using either yeast, baking powder or soda and sour milk; in each case there is the production of carbon dioxide gas which expands with the application of heat, forming air sacs in the moist dough. The walls of these sacs harden in the baking, leaving the dough porous. In growing the yeast plants, change some of the starch in the flour to sugar by a process of fermentation which produces the required gas. Baking powder is a combination of baking soda and an acid, sometimes tartaric, and when these two chemicals combine with heat and moisture, the same gas is produced. The same result is obtained by using soda (an alkali) and cream tartaric (an acid) or sour milk or molasses (acids) and baking soda (alkali).

The rule for using baking powder is two level teaspoons to each cup of flour for biscuits and all batters where no more than two eggs have been used; if

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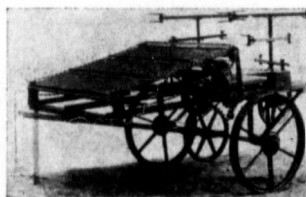
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