HOME

A little salt dissolved in water is recommended for eyelids reddened in the wind.

When cooking a custard stir slowly and regularly. This is the only way to prevent curdling.

The celery and cheese sandwiches are delicious. A little mayonnaise is mixed in with the cheese, which is finely grated, the celery being put through the mincing machine.

To clean brass that has been exposed to the weather, make a paste of salt and common vinegar; rub the brass with the mixture and leave for ten minutes. Then clean in the usual way.

Prevent a steamed pudding from becoming heavy by putting a cloth over the steamer before placing the lid on. This prevents the moisture from settling and making a pudding heavy.

"When there's company for dinner a man stands at the back of his chair and waits until all the guests are seated; when they're alone he dives into his chair and says: 'Come along with the food.'"

When a brown stew or curry is too greasy, mix a teaspoonful of flour into a smooth paste with a little water, pour it into the stew and let it boil up again, when all fat will have disappeared.

Pin This Up.

One teaspoonful of salt to one quart soup.

One teaspoonful salt to two quarts of flour.

One teaspoonful of soda to one pint of sour milk.

One teaspoonful of extract to one plain loaf cake.

One scant cup of liquid to two full cups of flour for bread.

One scant cupful of liquid to two cups of flour for muffins.

One scant cup of liquid to one cup of flour for batters.

One quart of water to each pound of meat and bone for soup stock.

One-half cup of yeast or one-quarter cake compressed yeast to one pint liquid.

Four peppercorns, four cloves, one teaspoonful of mixed herbs for each quart of water for soup stock.

When darking table linen tack a piece of stiff paper under the rent and make a number of fine stitches backwards and forwards carrying them a good inch over the edges. Then tear the paper away.

Sew snap fasteners on each pair of stockings at the top and have the wearers snap them together when taking them off. They can be laundered this way and save all the bother of trying to match the stockings.

Jewelry can be successfully cleaned by washing it in hot soapsuds in which a little ammonia has been dissolved. Shake off the water and lay the jewelry in a small box of fine sawdust to dry. This method leaves no scratches or marks of any kind.

About Oranges.

Two of the housewive's most vexatious problems, "How to lessen the cost of living?" and "How to vary the menu?" could easily be solved by a greater use of fruit, declares one of America's best-known food experts.

Says she:—

"I have been testing out fruits as foods: ordinary fresh and dried fruits such as we all have around the house all the time.

Mark well what I say, fruits as foods.

Nearly every one has been using oranges, bananas, prunes and apples simply as fruits or for different kinds of desserts. But hardly any one ever has thought of these things being worth much more than their delicious flavor. And almost no one has attempted to use them as meat substitutes or in place of vegetables, or even in soups!

Well, for months I have been experimenting with these and other everyday fruits, and with rice, for I have found it is such an indispensable thing when working with fruits as food.

I had always known that many fruits possessed far more nutritive value than is commonly attributed to them. For instance, a pound of ripe bananas contains more food value than a pound of white potatoes. And a pound of dates is far more productive of energy in the human body than a similar amount of beefsteak. These, and all other statements I make concerning the food value of fruits, are based on figures furnished by the United States Department of Agriculture.

Also, I had realized that people did not make free enough use of fruits, although their consumption has increased largely during recent years. Still, more should be eaten. And with meat prices steadily climbing and other food staples advancing as a result of the war, I set to work to see what we could do with fruits as food.

I suppose few persons have any idea that an orange has real food value. Yet, pound for pound, the edible portion is two-thirds as nourishing as potatoes.

Also, few persons have any idea that oranges can be served in more than half a dozen ways, and those in the raw state or used as a flavoring.

Yet nothing is more delicious than an orange omelet, a breakfast dish fit for a king!

Yes, the orange admits of so many different ways of preparing and serving, some cooked and others uncooked, that it is possible to serve a whole course dinner with almost nothing but orange dishes in the menu. And this meal, aside from being novel, is tempting and nourishing. Here it is:

Orange Juice
Orange Omelet
Orange and Rice as Vegetables
Orange Salad
Ice Cream and Cake
Candied Orange Peel
Orange Juice

In serving such a dinner, the table decorations should be made to carry out the orange idea. There should be a centre piece of fine bright oranges with green leaves—orange leaves and blossoms if possible—interworked among the fruit, and the color scheme should be followed in candles, candle shades and place cards.

Housing Cows in Good Barns.

In nearly every farming community we find farmers who are working many hours per day in an endeavor to produce milk, grow calves and colts and maintain a profitable dairy herd in improper barns. It is poor economy to try to produce milk in a stable that is either unsanitary, unhandy or cold. Select a location near the home, protected from prevailing winds where possible, and on dry ground. If more than five cows are to be kept, the barn should be wide enough for two rows of cows, from thirty-two to thirty-four feet wide; ceiling not more than eight feet high—seven and a half is better for most northern regions; the length depending upon the number of cows; the width for each cow varying from three feet for the 700 to 1,000-pound cow to three and one-half feet for the longest cows.

There should be a cross feeding alley on either end if more than the twenty cows are kept, and in the centre of the smaller stable; the air space should be not less than 500 cubic feet per cow when well ventilated, and 600 feet if not so well ventilated. The sidewalks and ceiling should be smooth and tight; the floor tight, but not too smooth.

Cement makes an ideal floor when properly put in. The cows should face outward, with a feeding alley about four feet wide in front. The mangers from twenty-one inches to two feet and six inches deep, with perpendicular walls and rounded corners, and made as smooth as possible by finishing with a trowel. All other parts of the floor should be finished with a wooden float.

The bottom of the manger should be two inches higher than the platform upon which the cows stand. This makes the stanchion ledge six inches high on the manger side and eight inches high on the platform side. It should be six inches wide with well-rounded corners.

The cows should stand on a level. This may be accomplished and at the same time drainage had, by raising the floor one inch at a point from fourteen to sixteen inches back from the stanchion ledge and then giving it a gradual slope to the drop. The width of the platform should vary, according to the size of the cows kept, from five feet for the large cows down to three and one-half feet for the small heifers. This permits the placing of each cow where she best fits the platform. The drop should be from fourteen to sixteen inches wide, according to size of cows. It should be eight inches deep on the platform side and six inches on driveway side.

The driveway should be from eight to ten feet wide and raised one inch in the centre, and grooves crosswise every eight inches. This will allow proper drainage into the gutters.

When muslin ventilation is used, there should be two square feet of cloth to each 1,000 pounds of animal and three square feet of glass per stanchion. When the King system of ventilation is used, there should be five square feet of glass per stanchion. The stanchion should be of the swing or swivel type with a chain at the top and bottom and the frame of galvanized pipe with a partition of the same material, three feet high and three feet back. While the no-loft construction seems slightly preferable from a sanitary viewpoint, it is not economical, and in cold climates is not advisable, if floor and ceilings are made tight.

Good ventilation is fresh air without draughts. Fresh air is needed for its oxygen; this is consumed with carbons of the food or fuel and creates heat. To maintain animal heat constant combustion must be taking place in the body of the person or animal. Oxygen is also needed for its purifying purposes.

A building in which animals are kept is soon filled with moist air if closed tightly. Moist air soon becomes chilly air, if not changed for fresh air.

There are two general systems of stable ventilation; one of air currents in and out, usually known as the King system; and the other of diffusion known as the diffusion or muslin system.

In the King system the air currents must be divided so as not to produce draughts, the fresh air coming in through a flue having its outside inlet near the level of the floor and the outlet into the room near the top, where it mixes with the warm air before reaching the animals. The outlet flue for foul air is carried from near the floor to the roof. This system works very satisfactorily if properly installed and properly operated.

The diffusion system, because it costs less and requires little attention, is more generally adopted. It consists in covering an opening in the room with a cheap, open quality of muslin or cotton cloth, one grade better than cheese cloth. This should be placed on the south side of the building when possible. Where there is an old, unventilated stable in the basement with stone walls and too little light, the muslin may be applied to a frame the size of the door, which is left open. In new construction, ventilating openings are made the size of windows and a frame made on which to tack the cloth. This cloth must be brushed as dust accumulates, and must be renewed each fall.

In using the King system, to work well the stable must be perfectly air-tight. For this reason, unless barns are already properly arranged, it will not prove advisable to put this sytem in the average old barn. But all stables should be made as air-tight as possible, which can be arranged by using building-paper and lath, running two-inch strips over all cracks on outside boards. Then use the muslin system, when unable to employ the King system.

Stables should be kept from 40 to 50 degrees Fahr., and when muslin curtains are used the temperature need not be over two or three degrees lower than it would be without them. It is advisable to place cloth curtains on both east and west sides of dairy barns, when possible, because in this case there is a better circulation of air according to the prevailing wind.

Every farmer should arrange to make his dairy barn a home for the stock. The more at home the cows feel, the more profitabe they will become to the owners. And the added income from a single year's production, over the profit already existing, will more than pay for the added expense of arranging the desirable and practical stable ventilation and light system. This has been illustrated any number of times. So make the barn right for the cattle.—The Farming Business.

How to Read a Newspaper.

"All I want to see of a man," said the observer, "is how he holds a newspaper to read it. I can tell by that alone what sort of a man he is and how he attends to his work or business.

"In a carload of people reading you always find one or two holding their paper spread out to its widest extent to the great discomfort of their neighbors. Such a man is either a bully in a small way or a narrow minded, selfish chap who never thinks beyond himself and his own small affairs, who has not yet learned the first duty in life; namely, to be considerate of other people. In either case he is a man of but trifling account in his business, whatever that may be.

"Then you see the man who when he turns over a newspaper leaf turns it anyway it happens to come and then crushes it down so, all crumpled up; going on serenely with his reading. By the time he comes to his street he has turned over two or three leaves in this manner; and then he folds the messed up paper into the smallest possible compass and stuffs it in his pocket to take home to the folks.

"I always hate to see a man handle a newspaper in this manner; and it distresses me to think of the folks at home compelled to read a newspaper all crumpled and wrinkled when they would have found so much more comfort and pleasure in reading a paper with a fair, smooth page. But you find many men who handle a newspaper in that rough or thoughtless manner, and you may be sure that whatever work these men do is done with the same disregard for nicety and order; amiable and kindly natured though they may themselves personally be.

"And now we come to that large number of readers who handle their papers in what may be described as the average manner, holding them over with some degree of care, but not taking the trouble to get them exact; commonly holding up the whole page to read, but when they fold the paper crosswise of the page, doubling it as likely as not more or less diagonally and letting it go so as if it happens to come that way.

"Then you see occasionally a man who folds his paper vertically of the page, holding the paper up for its full length from top to bottom, but folded to half the width of the page. This manner of folding a paper to read commends itself to some people. Indeed, I have a friend who thinks that newspapers should issue special editions with a page of the standard length, special narrow page editions for sale at elevated railroad and subway stations for greater convenience of reading in crowded cars; but I scarcely think that this would prove practicable, and for myself I do not much fancy the vertically folded paper. What I like to see is the man in the car who, taking it as it is, handles his newspaper with the greatest convenience to himself and yet always with an evident scrupulous regard for the paper; with a manifest realization of what a really wonderful thing a newspaper is.

"Such a reader never crumples or musses his paper in any way, but keeps it always smooth and perfect. When he folds a page over he folds it always in the crease that was made on the press, straight and true all the way down, he keeps all the pages trimly in their original relation. If, as he is likely to do, he folds the paper crosswise of the page he takes care in the first folding to get it exactly in the crease and so he gets all the pages folded truly. Then if he makes another fold, a vertical fold still further to reduce the paper's compass for convenience in holding it, he does not crease this fold closely with danger of creasing a column of type, but this fold he leaves rounding, so that the half page will come flat and fair again when it is opened out.

"In a whole carload of people reading newspapers you will find perhaps one man who reads his paper in this fashion; with due thought, for his neighbor and with a proper regard for the paper's dignity and his own."

Save when you are young, to spend when you are old.

The world's greatest misfit is illustrated by the big opinions of a small man.

A tourist in the mountains of Kentucky had dinner with a querulous old mountaineer, who yawped about hard times fifteen minutes at a stretch. "Why, man," said the tourist, "you ought to be able to make lots of money shipping green corn to the northern markets." "Yes, I orter," was the sullen reply. "You have the land, I suppose, and can get the seed?" "Yes, I guess so." "Then why don't you go into the speculation?" "No use, stranger," sadly replied the cracker, "the old woman is too lazy to do the plowin' and plantin'."

A Demolished East Prussia Town.

Scene overlooking Gerdanen, an East Prussian town, where the German forces were shelled out by the Russians. Hardly a house remained standing in the town of the plains. The Germans fought tenaciously but the Russian onslaught was even greater.

TEN DRY FARMING COMMANDMENTS.

Written by Hon. W. R. Motherwell and published by the Saskatchewan Department of Agriculture.

1. Thou shalt have no other occupation than farming.

2. Thou shall fallow thy land every third year, being careful to plough it both early and deeply.

3. Thou shalt cultivate thy fallow and not allow weeds, or any other thing that is green to grow thereon, or winds to blow through it, for in such way the moisture which thy fallow should conserve will be wasted and thy days will be nothing but labor and sorrow.

4. Thou shalt not despise the harrow, but shalt use it even whilst thou ploughest, and shalt place thy chief reliance upon it thereafter, whether in early spring, late spring, midsummer or autumn.

5. Thou shalt sow good seed early and down into the moisture, lest peradventure it cometh not up betimes. He who soweth his seed in dry soil casteth away many chances of reaping.

6. Thou shalt not overload thy dry land farm with seed, even as the merciful man doth not overload his ox or his ass. Thin seeding best withstandeth the ravages of drought and hot winds.

7. Thou shalt keep on thy farm such kinds and numbers of horses, cattle, sheep, pigs and poultry as the water supply maketh possible, and thou canst grow pasture, fodder, roots and grain for. Thus shalt thou be protected against adversity, and thus shalt thou give thy children and children's children cause to call thee blessed, inasmuch as thou didst not too greatly dissipate in thy lifetime the fertility stored in thy soil through many thousands of years.

8. Thou shalt not live unto thyself alone, but shalt join the Grain Growers' Association, the agricultural society in thy district or any like minded organization that is good. Through these thou shalt work unceasingly for the welfare of thy district and the upbuilding of Saskatchewan agriculture.

9. Thou halt study thy dry land farm and its problems unceasingly and ponder on ways and means whereby its fruitfulness may be increased, keeping always in memory the fact that not alone by speeches and resolutions, but also by intelligent and timely hard work shall production be increased and the economic salvation of thy country be wrought.

10. Thou shalt not covet thy neighbor's big farm. Thou shalt not covet thy neighbor's big four, nor his mortgage, nor his worry, nor his hurry, nor anything that is thy neighbor's.

Remember these dry farming commandments to keep them wholly.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, MAY 2.

Lesson V.—Saul Tries to Kill David. 1 Sam. 19. Golden Text: Prov. 29. 25.

I. Saul's Intention to Kill David (Verses 1-3).

Verse 1. Saul spake—Doubtless in a burst of passion. He hardly gave a deliberate order that David should be slain. Jonathan was not sure just how much of his father's desire to kill David would be carried over to a calmer mood. So he tests him out in the morning.

2. In the morning — Jonathan gave his father a chance to sleep over his wild outburst of wrath against David.

3. In the field where thou art—So much did Jonathan love David that he did not want to trust to his own judgment the seriousness of his father's intention to do away with David. David was to be present to hear what Saul had to say and to study his attitude.

II. Jonathan's Intercession for David (Verses 4-7).

4. To thee-ward very good—Jonathan could have advised David to flee from Saul. But in so doing he would have deprived his father of the very best support on the battlefield which he had. Jonathan was considerate of David. But he also was regardful of the interests of his father.

5. Put his life in his hand—A frequent Old Testament expression (see Judg. 12. 3 and 1 Sam. 28. 21). So also, Jehovah wrought a great victory [in Hebrew "salvation"] for all Israel—See Judg. 15. 18; 1 Sam. 11. 9, 13.

6. Saul sware—Under the influence of Jonathan's appeal. But he was not sincere in his expression of desire not to kill David, as the events soon showed.

7. As beforetime — For a long time, doubtless, David was safe in Saul's presence.

III. Saul Overcome by an Evil Spirit (Verses 8-12).

8. A great slaughter — David's great victory which saved Saul from destruction was the cause of the new outburst of Saul's unquenchable hatred of David.

9. An evil spirit—See 1 Sam. 16. 14. The result of Saul's jealousy was an unholy brooding which drove him to fits of madness. Saul's jealousy did not have its origin in David. David, it will be remembered, was brought to Saul for the purpose of dispelling his distemper. Had David not come across his path, Saul's jealous spirit would have been kindled to red-heat by some one else.

With his spear in his hand—The spear was the scepter of the king, his symbol of royalty. In his council (1 Sam. 22. 6) and here in his house the spear in his hand; at table the spear was at his side. (1 Sam. 20. 33); when he slept in camp it was stuck by his pillow in the ground (1 Sam. 26. 7). Tristram in his book Land of Israel, says: "We recognized the sheik's tent, among a group of twenty others . . . by the tall spear planted against it." The ancient Israelite custom lives in that of the modern Arab.

10. David fled—This was the beginning of David's life as a fugitive (see Psa. 59. 3, 4).

11. In the morning — Saul was not so much crazed as to be bereft of all his wit. "He imagined that David would go home to his wife. He knew that to seek him out there would rouse the townspeople, who would rally to the protection of their favorite hero. Saul, therefore, would wait until the morning, when David happened to leave his house, before making any attack on him. As Psa. 59 shows, David was in danger not from Saul only, but from Ruffians in Saul's employ.

12. Through a window—See Josh. 2. 15; Acts 9. 25; 2 Cor. 11. 33. David's house, like Rahab's and the one from which Saint Paul escaped, was probably on the town wall. While Saul's men watched the front door, David was being let down over the wall out of a window.

Mean.

"Do you remember that I asked to be your valentine and you accepted?" he said.

"Yes," she replied, "and ever since we've been married I've been wondering if it wasn't a comic valentine I got that day."

Some girls become squint eyed from perusing the magazine beauty hints.

When an old-fashioned farmer travels he carries most of his baggage in his pockets.

"What's a luxury, father?" "A luxury, old chap, is a necessity which we can afford."

There isn't much hope for the people who would rather tell their troubles than be popular.

Many a man who knows his own mind is not overburdened with knowledge.

HEALTH

Colored Glasses.

The wearing of spectacles to protect the eyes from the glare of the sun is a very old custom. The natives of the far northern regions long ago invented spectacles of wood, with a very narrow slit in the centre, to diminish as far as possible the continual snow-glare of the long arctic day; and it is said that the Emperor Nero, who was an albino, and whose eyes were therefore very sensitive to light, used amethysts or emerals to shield his eyes. To-day the use of tinted glasses is very common; but unless the glasses are wisely chosen, more harm than good may result.

In the first place, the shape of the glasses is often wrong. Curved or "toric" glasses ought not to be worn except by direction of an oculist, for they are irregularly refractive, and sometimes cause a great deal of eye-strain. Unless tinted glasses are made especially from an oculist's prescription, they should be perfectly plane on both surfaces, and equally thick throughout.

The color of the glasses is also important. You will find both blue and smoked glasses in the shops, but both, especially the first, are open to objection. Colored spectacles are meant to shield the eyes from the actinic or chemical rays of the sun, but not to cut off the light rays so that it will be hard to read or to see small objects. Blue glasses do not cut off the chemical rays at all, for those rays are at the violet end of the spectrum. Smoked glasses, on the other hand, often cut off so much light that reading with them is like reading by twilight. Sometimes green glasses are worn; they are better than blue, but they are not wholly satisfactery. Red glass excludes the actinic rays completely, but it is dark, and red light is often irritating to the nervous system.

Yellow, or rather amber, glasses are much the best. They cut off almost all the chemical rays, and admit light enough for easy vision. They make a dark day seem brighter, and soften the glare on a sunny day. Unless the oculist prescribes some other color for a special purpose, wear "window-glass" spectacles of not too deep an amber color.

The Circulation.

Early in the seventeenth century an English physician named William Harvey discovered that there was a constant circulation of the blood through the heart, the arteries, and the veins of the body. That discovery, one of the most important ever made by medical science, was at first rejected by other anatomists; but Harvey proved his facts by experiments so conclusive that no one could doubt any longer.

The movement of the blood is always circular because of the four wonderful little valves of the heart, which will let the blood pass in only one direcion. Our health depends on the incessant and regular movement of the blood stream, and more and more we are learning how many forms of ill health can be traced to disorders of the circulation.

A healthy circulation of the blood depends on the strength and regularity of the heart's action, and on the condition of the walls of the veins and arteries; if the pump of the body is to work well, it must be in good order itself, and all the pipes or tubes connected with it must be clear and unobstructed. The arteries are not made of stiff, unyielding material, but they dilate and contract, and their elasticity is controlled by the nervous system. It is impossible to give a list here of the innumerable troubles that a disordered circulation can cause, but for one thing, every inflammation means that an unusual quantity of blood is rushing to one point and "congestion" means that the blood stays where it has accumulated, and does harm, because the heart is not strong enough to drive it on its way, or because there is some obstruction in the veins or arteries that holds it back.

Among the minor troubles that poor circulation causes are insomnia, cold feet and hands, and a sluggish digestion. The insomnia of old people is generally owing to imperfect circulation. When the heart is at fault, constant medical supervision is necessary. When the circulation is temporarily poor, much can be done to improve it by baths, by vigorous rubbing, by plenty of exercise, and strict attention to the general health.

Skeptical.

"Jack vowed that his love for me was like the sea."

"And what did you say?"

"I told him I took it with a good many grains of salt."

It's impossible to suppress the man who thinks he can tell a funny story.

The road to success is open to all, but too many want to get there without the trouble of going.