

looks as well, and gives as good satisfaction, and our expenses are smaller than many of our neighbors. Hoping, Mr. Editor, that my very long article will meet the needed requirement, and hoping you will kindly excuse all mistakes and give my experience a patient consideration:

Flour well beaten together with a little salt and pepper, fried until a light brown with a littledripping in the frying pan. For dinner, a piece of veal roasted, potatoes, green peas, salad of cucumbers, rice pudding made of 1 cup of washed rice put into a little over a quart of new milk, a little salt; the uncooked rice put into the milk will cook in $\frac{3}{4}$ of an hour; serve with sweetened cream, have your oven not over hot. For tea, a dish of cherries, pitted, or berries, a plate of tartlets made of cider apple sauce, a plate of drop cakes made of 1 egg, $\frac{1}{2}$ teaspoonful of baking powder, a cup of sweet milk, $\frac{1}{2}$ spoonfuls, flour to make a stiff batter, a little shortening; this with a plate of last October cheese, good bread and butter.

Monday: For breakfast, a plate of porridge made of oat meal soaked in water one night, a plate of cold meat, the left-over potatoes fried, bread and butter, tea. For dinner, I boil a piece of thin bacon with young carrots and beans, a pie made of green apples, in a deep dish with or without milk. For tea, a plate of butter-milk biscuits, hot; a custard, a pie made of 2 eggs, 1 large cup of milk, a little sugar, short crust, eaten cold with a dish of dried apple sauce.

Tuesday: For breakfast, scalded milk over small pieces of bread, little salt; cold bacon, the biscuits made warm in oven, tea, bread and butter. For dinner the rest of the veal is stewed until quite tender in a deep lined pie dish, a nice, well seasoned gravy poured over the meat, reserving a part to serve over the vegetables, the pie-crust about half an inch thick, baked in a quick oven; potatoes and peas. Desert, boiled barley with sweetened milk, salad of radishes and onions. For tea a dish of cider apple sauce, a cherry pie, a plate of cheese.

Wednesday: Breakfast, two eggs each, a plate of porridge, a plate of biscuits, tea, bread and butter. For dinner, boiled meat, beans and cabbage, stewed green tomatoes with bread crumbs, 1 tablespoonful of vinegar, pepper, salt and a little butter. For tea, dried apple pie, a plate of buns, cheese, bread and butter, tea.

Thursday: For breakfast, I have minced up all the broken meat, 2 eggs, $\frac{1}{2}$ cups of milk, 3 tablespoonfuls of flour, pepper, salt, sage made into an omelet, a nice dish; porridge, bread and butter, tea. For dinner, cold boiled meat, potatoes, green peas, onions and lettuce for salad, a steamed roly-poly pudding made of cider apple sauce, served with sweetened sauce. For tea, raspberry pie, a custard made from 2 eggs, 1 quart of scalded good milk, 1 tablespoonful of sugar, 2 of corn-starch or flour, well boiled, served in cups or glasses when cold; a plate of radishes, bread and butter, tea.

Friday: For breakfast, porridge again, pan-cakes made from butter-milk and sweet milk, one egg, a little soda, fried a light brown, served with molasses or syrup; a plate of eggs, bread and butter, tea. For dinner, a plate of fried calf's liver with the fattest piece of bacon and fried onions, carrots and potatoes, salad of sliced beets with vinegar, pie of green apples. For tea, a dish of green apple sauce or cherries, plate of buns, a pie made of apple sauce, cider apple sauce, bread and butter, tea, a plate of onions or radishes.

Saturday: For breakfast, cold meat, potatoes, scalded milk thickened with flour, a little salt; bread, butter and tea.

No. 4.

THE MOST SUITABLE AND ECONOMICAL FEELING AND BEST COOKING FOR HARVEST HANDS, WITH BILL OF FARE FOR ONE WEEK.

SIR,—This is a subject of importance to every farmer's wife and daughter, so much is comprised in it. It is rather a difficult matter to decide what is the most suitable feeding; for where there are many men there is a diversity of taste, some require a great deal of meat, others very little; some prefer milk, others will not touch it; the same with vegetables, &c. Some men eat very little breakfast, and require a lunch; others can eat a hearty breakfast and work on until dinner-time.

Our plan, which we find successful and agreeable to all parties, during haying and harvest, is, to have breakfast at six, dinner at eleven, and tea between four and five. When the men are hauling

in grain late, we give them a supper at nine. By this plan the toilsome task of preparing and sending lunch is avoided, time is saved on both sides, and the meals enjoyed more. Punctuality is the most important requisite. We never keep the men waiting for a meal; we are invariably ready for them, and if sometimes they are a little behind time (which is unavoidable), the dinner can afford to wait; if they are working at a distance from the house we send tea to them. For drinking in the field, water with oatmeal in it is both nourishing and cooling, also iced milk (where ice is to be had). Any summer drink is preferable to liquor, which is heating and dangerous, both mentally and physically.

Raspberry vinegar, boiled cider, and all these things, that cost very little besides labor, should be stored away in the fall, ready for summer use. Fresh cider, if heated and slightly boiled, then sealed air-tight in bottles, will taste in the summer like new cider, and is very refreshing. An excellent drink can also be made out of dandelions, a sort of beer, wholesome and pleasant; many things produced on a farm can be utilized in various ways. We find our plan work well, and notice when we have new hands at any time of the year, even if they do not eat well when they first come, their appetites improve—regularity and good cooking making a very perceptible improvement—they invariably gain in health and appearance.

As to a bill of fare, people must be regulated by their means pretty much. In country places there cannot be much variety in the way of meat, as it is not always convenient to get it, in places remote from towns or railways. Pork being the most available kind, it is used to excess, and is not desirable nor beneficial when placed upon the table morning, noon, and night. Last summer we had meat sent us from Toronto, twice a week, by stage. We got excellent meat, three cents a pound less than the butcher in the adjoining village charged for inferior meat. We found it paid us better to get it in that way during the warm season. Our bill of fare is pretty much as follows:—For breakfast we have oatmeal porridge and milk, cold meat or fried bacon, bread and butter, sometimes fried potatoes, tea or coffee. We vary this occasionally by having a potato cake, muffins, pan-cakes, or anything of that sort. For dinner, fresh meat of any kind, sometimes soup, or stew, or roast, varied occasionally with fried or cold ham; any vegetables that are in season, peas, beans, and all those things that take time to prepare, we get ready the night before; puddings or pies generally, but when there is good fresh meat and gravy, and plenty of vegetables, puddings or pies are not required; this is why it is an advantage to have fresh meat. Much pork, sweet cakes and tarts are unwholesome and pernicious. We always, of course, have bread and butter, and tea or milk, with dinner. For tea, plenty of fruit stewed, bread and butter, pies, and plain cakes, varied by Johnny cake, or anything of that kind, sometimes cheese. People, of course, can exercise their own judgment, I merely give our experience. I shall be glad to hear the opinions of others; these things tend to mutual improvement.

The custom of using a great deal of pork prevents many farmers' wives and daughters knowing how to cook different kinds of fresh meat properly, but now there are so many good books published on cookery, that any woman of ordinary intelligence can soon learn. A shank of beef, costing only thirty-five or forty cents, can be boiled, and the meat potted for present use; in cool weather it is desirable and always handy. Fish is a good thing to have once a week in summer, and if fresh fish cannot be obtained easily, canned fish can be bought cheap and kept for use when required. There are so many cheap and excellent articles to be obtained, and the farmer who has so much within his own reach can live better than any other class, with little expense besides labor. I am convinced that the too frequent use of pork, having sweet cakes, etc., and not enough vegetables, besides bolting the food, and sometimes working too long hours, and going too long without eating, is the great cause of dyspepsia amongst farmers, a class of people who should never be troubled with such a complaint. And how is it that so many country women and girls are sallow, have sluggish livers, &c.? It is because they are everlastingly cooking over hot stoves, and making things both indigestible and unnecessary. Let them work in the gardens more, raise plenty of fruit and vegetables, cultivate flowers, live and dress plainer. It is excessively hard work and very wearing for girls on farms to try to dress and live in the style of people who have little else to

do. In summer it is absolutely necessary to pay entire attention to preparing meals for the men and the family, besides butter making, bread making, and numberless jobs that our city friends know nothing about. It is foolish to invite them out and slave for them at such a time. Many farmers wives and daughters do it, and it is more wearing attending to their visitors than doing the ordinary farm work. Overwork has a great deal to do with dyspepsia. There is no one in the world with better facilities for having comfort and luxuries than the farmer, and I have been surprised when at the houses of wealthy farmers, to see what inconveniences both men and women work with. Things that could be procured at a trifling expense, and save labor and time, will be dispensed with, and money spent where it is not needed. I do not wonder sometimes at young people wanting to quit farming, when I see how they have been brought up; nothing pleasant or attractive about their homes, rough men, rough living, work the first, last, and only consideration. But the farmers have made considerable strides in civilization, and enjoy themselves more, and read more than formerly, and there are many beautiful homes throughout the Province. I am digressing from my subject. I do not know whether I have said what was required in the best way of cooking for harvest hands. I have given my experience. I consider regularity in meals one feature in economy, as no time is lost and nothing wasted by being kept waiting. It is also economy to cook good, nutritious food, and whatever is conducive to health and strength. It is suitable for the men to be served and waited upon properly, and punctually, not left to themselves to stretch over, and eat in the style of "every man for himself," like the animals. The farmer should be with them; if possible, when he is working along with them, if not, the principal man can take his place—this preserves order and decency. I have seen meals set up sufficient to turn one against eating. Have things plain, clean, and comfortable. I know it is often difficult to get help, and women are overworked and wearied, still with early rising and management, very much can be accomplished, and it is to be hoped the young people will not desert the farms, but remain, and try to improve and elevate the noblest branch of labor in the world.

Culture of the Black Walnut.

W. H. Ragan, Secretary of the Indiana Horticultural Society, gives the following directions for cultivating the black walnut:—

"The ground should be prepared in the best manner in the autumn. Furrow the ground off each way as for corn, except that the rows should be seven feet apart. Take the nuts, fresh from the tree, and plant two at each crossing. They are to be covered shallow, just enough to hide them. So much for planting. Then next spring furrow the seven-foot space intermediate between the rows, and plant with corn or potatoes. The corn and young trees will all be cultivated alike, and the young trees must be kept clean. The second spring thin out the trees to one in a hill. The thinning will fill any vacant spaces where needed. Corn or potatoes may be planted the second, or even the third year, and after that the trees must be cultivated and kept clean until they occupy the whole ground so fully as to keep down by their shade all weeds and grass. Standing so near as seven feet, the trees will not require trimming, but will thus trim themselves. But when they begin to suffer from crowding, take out every alternate tree in each row, and in a few years another thinning may be made by taking out alternate trees in the rows at right angles to the first, leaving them fourteen feet each way. If the trees are to stand until they become quite large, additional thinning may be necessary. But they should always be thick enough to obviate the side trimming of branches. The thinnings will always possess considerable value."

W. D. Philbrick, in the *New England Farmer*, says: "Apples need to be kept as cool as possible without freezing; they will endure a little frost much better than too warm a temperature, 28 to 34 degrees is best; when it rises above 40 degrees they don't keep well, and a temperature over 50 degrees will speedily spoil them. Hence to keep russet apples till late in May, they should be kept in a tight cellar and aired only at night when the temperature is near or below the freezing point. I have seen them kept in this way in excellent order till the middle of June."