WAYS I GET MORE MILK INTO MY FAMILY'S DIET

BY NELL B. NICHOLS.

In my family there are folks who insist that they don't like milk and flatly refuse to drink it. When I learned the health value of this food I was determined to serve it with every meal. I do, too, and the family never guess. I give them their milk disguised in combination with the foods they like.

There is no end to the dishes one can manufacture with milk as a basis. Creamed vegetables, cream soups and chowders, puddings, gravies, ice creams, custards, breads, muffins, cake icings and cakes can be made with the use of nature's best food.

Investigations made in rural districts indicate that inadequate quantites of milk are used in most farm households. Experiments have proved that eyerv child needs at least one quart of milk a day. Adults too are wise in using this easily digested food. It contains almost everything required for bodily development. The mineral content of milk is especially valuable. It contains the elements essential to building of bones and teeth, muscle and blood.

Vitamins always have interested me. They are the substances found in some foods that aid so greatly in keeping folks well. Their presence in milk varies. That is why children should be given orange juice or uncooked fresh vegetables and fruits in their meals with milk.

The following are some of the recipes which I use to serve my family milk:

FLAVORED MILK

Place a few drops of any good flavoring extract in a glass of milk and add one teaspoon sugar. Sprinkle a dash of nutmeg or cinnamon on top. A spoonful of whipped cream added to the milk improves the flavor and appearance.

CARAMEL CUSTARD.

One cup sugar (caramelized), 3 eggs, 2 cups scalded milk, few grains nutmeg, ½ teaspoon vanilla, ¼ cup sugar, few grains salt.

Caramelize the sugar by melting it over moderate heat and pour it into a metal pan, tipping it until the syrup is hardened on the bottom and halfway up the sides. Then beat the eggs, add the sugar, salt and flavorings and pour in the scalded milk. Turn into the pan containing the caramelized sugar, set in a larger pan containing hot water and bake in a slow oven. Chill before unmolding.

CREAMED RICE.

One quart milk, 2 tablespoons rice, ½ teaspoon salt, 4 tablespoons sugar, 1 tablespoon butter.

Put all the ingredients in a buttered pudding dish, mix and cook in a slow oven for three hours. Stir often to ..... into the pudding the golden skin that forms, but do not stir during the last half-hour of the baking. Serve with bits of bright jelly sprinkled over the top.

BUTTERSCOTCH PUDDING.

One cup brown sugar, 2 tablespoons butter, 2 cups hot milk, 2 tablespoons powdered sugar, 1 slice stale bread, 2 eggs, ¼ teaspoon salt, juice ½ lemon, 1 teaspoon vanilla.

Melt the brown sugar and the butter over the fire and cook until a dark brown, stirring constantly so that the mixture will not burn. Add the milk and simmer ten minutes. Soak the slice of bread, one inch in thickness, in cold milk until soft. Press out the milk and crumble in bits. Pour the milk, sugar and butter mixture over the bread and beat in the yolks of the eggs, the salt and flavorng. Pour into a buttered baking dish, set in a pan of hot water and bake forty-five minutes. Beat the egg whites until stiff and to them add the powdered sugar and lemon juice. Spread over the pudding and brown delicately in a cool oven. Serve warm or cold.

MARSHMALLOW PUDDING.

One slice bread, 2 eggs, ½ cup sugar, 1 tablespoon butter, 2 cups scalded milk, 1 teaspoon of vanilla, marshmallows.

Use stale bread cut at least one inch thick. Soak it in cold water or milk until very soft. Melt two tablespoons of the sugar until a golden brown, or caramelized, add the milk and butter and simmer until the caramel dissolves. Press the water or milk from the bread and squeeze as dry as possible. Add it to the milk and stir well. Stir in the well-beaten eggs, the rest of the sugar and the vanilla. Pour into a buttered baking-dish and bake in a very slow oven for forty-five minutes. When cooked, cover the top with marshmallows, cut in halves, and brown slightly in the oven. Serve hot or cold with cream.

LIGHT ROLLS.

One cup milk, ½ yeast cake, 1 teaspoon salt, 1 egg, 2 tablespoons sugar, 3 or 4 cups flour, 2 tablespoons shortening, ¼ cup lukewarm water.

Scald the milk and cool. When lukewarm add the yeast, which has been dissolved in the lukewarm water. Add the salt and one and one-half cups of the flour. Beat until smooth, cover and let stand overnight. In the morning break up the sponge with a spoon, add the sugar, shortening, beaten egg and sufficient flour to make a dough that may be kneaded. Knead until the dough is smooth, elastic and no longer sticks to the board or the fingers. Cover and let rise. Then turn onto a board, knead lightly and roll three-fourths inch thick. Cut with a round or oval cutter. Crease in the middle with a floured knife, rub one-half with melted butter and fold over. Place one inch apart in an oiled tin and let rise until double in bulk. Bake in a hot oven twenty minutes.

POTATO SOUP.

Three potatoes, 2 cups water, 1 small onion, ½ cup chopped celery, 1 bay leaf, ⅛ teaspoon pepper, 1 quart milk, 2 tablespoons flour, 2 tablespoons butter, 1 teaspoon salt.

Cut the pared potatoes in cubes and cover with the hot water. Add the chopped onion, celery, bay leaf, pepper and salt. Cook until the vegetables are tender. Press through a colander. Heat the milk and add the flour and butter, which have been mixed together. Add the potato mixture and cook until the soup thickens slightly. Stir constantly after the flour is added. If celery is not available a little celery salt may be used.

POTATOES WITH CHEESE.

Three cups boiled potatoes, 1½ cups milk, 1 tablespoon flour, 3 tablespoons grated cheese, 2 tablespoons butter, 1½ teaspoons salt, ¼ teaspoon pepper, 4 tablespoons bread crumbs.

Arrange a layer of the potatoes, cut in dice, in the bottom of a buttered baking dish. Cover with the milk, which has been thickened with the flour and seasoned with the salt, pepper and butter, and sprinkle with the cheese. Repeat until all the ingredients are used, covering the top with the bread crumbs. Set in the oven long enough to heat thoroughly and to brown on top.

COCOA DELICIOUS.

One-half cup cocoa, ½ cup sugar, ¼ cup flour, ¼ teaspoon salt, 2 cups cold water, 6 cups milk, ½ teaspoon vanilla.

Mix the cocoa, sugar, flour and salt and add the water. Stir to remove the lumps and cook twenty minutes, stirring the mixture until the boiling point is reached. Cook until the mixture is glossy in appearance. Add milk, bring to the boiling point and stir in the vanilla. Beat one minute with a wheel egg beater and serve hot with marshmallows or whipped cream. This cocoa improves if allowed to stand a few hours, and no settlings will be found in the bottom of the kettle. This recipe is for ten servings.

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The Brook's Song.

Tommie was inclined to be selfish. He never would share anything that was given to him with his little sister, Nell, and he was not a very happy boy. One day, their Aunt Sadie came to take care of them while their mother went down to the city. Tommie had a bag of candy, but refused to part with any of it, saying, "Nellie doesn't need candy. It was all given to me, anyway."

So Aunt Sadie said, "Come, children, we are going away out to the Verdugo Hills to see a beautiful little brook." Then she took them in her coupe away past Glendale, until they came to a lovely woodland, and there they sat down beside the stream.

Then Aunt Sadie talked. "Now," she said, "let us listen to this little brook sing. It sings all day long, and why does it sing? Only because it is so happy. And what makes it so happy? Just because it is giving, giving all the day. It gives those little fish, that you see swimming there, a place to live, and all the food they eat; and it gives plenty of water to those lovely ferns and flowers, and grasses growing on its banks; and there, that mocking bird has just flown down, from the tall eucalyptus tree, and, oh, what a good drink the brook has given to him! And now he sits up in the tree, singing his beautiful song, to thank the brook. No one is ever happy unless he gives."

Tommie grew very thoughtful. Without a word, he reached for his bag of candy, and handed it to his sister.

"Now," said Aunt Sadie, "I will teach you the song of the brook, which I learned, when I was a little girl in school."

"I'm small I know, but, wherever I go,
The fields grow greener still, singing,
Singing all the day:
Give away,
Give away.
Singing, singing, all the day:
Give, oh, give away."

From that day Tommie was a different boy. He was happy, and not only willing, but anxious to share everything with his little sister. His voice could be heard singing merrily the song of the brook:

"Singing, singing, all the day,
Give, oh, give away."

And his mother wondered what had wrought such a change in Tommie.

How I Sell Garden Stuff.

The cash income from my garden is made to bear a considerable part of the running expenses of our farm home. The producer who specializes in truck growing can make contracts to supply dealers, but we small farmers, who have only small surpluses at irregular intervals, cannot build up a regular trade. Hence my roadside market.

Quality is put into my garden products through production methods. Then efficient marketing practices help reward me for my skill in production.

There are several garden products which are handled very much in the same way. Beets, radishes, young onions, carrots and turnips I sell on the local market mainly in bunches. All of these, except carrots, I harvest while fresh and tender in order to meet the demand of the best trade. It is true that some varieties of beets will stand a good while and still be good for pickling, but to serve fresh they are better harvested young. Carrots will stand a long time and still be wholesome.

All of these root crops I pull up, wash and tie in bunches. The number in a bunch depends somewhat upon the size of the plant. Usually mine run about as follows. Beets, 3 to 5; radishes, 6 to 10; young onions, 8 to 15; carrots, 5 to 8; turnips, 5 to 8. These I usually tie once with tying tape, as I find cotton strings are so hard that the plants are cut and bruised by them. When the tops of onions are clipped each bunch is tied twice.

Then we have another class of garden crops handled much alike—the "greens": spinach, turnip greens, and mustard. Spinach is rapidly gaining favor because it has the backing of the doctors and food specialists.

I cut spinach just below the crown so as to maintain the bunch intact. Then it is washed. Turnip greens go with the roots and in many instances are cooked with them; but, in the main, the tops are cut, washed and marketed like spinach.

Mustard is marketed very much like turnip greens. I often mix the two, about half and half, as some folks prefer mustard in with the turnip greens.

All greens are washed in fresh, cool well water. While washing will not injure collards, yet it is not necessary with them as with other greens.

Cured onions I market in an onion crate, and snap beans are handled in bushel hampers. I always wash them for local market but not for shipment. Tomatoes are marketed in baskets, which are returned. Cabbage is cut, trimmed and marketed in the same manner.—M. H.

How We Mow Hay.

Our barn was not designed for a track and carrier in the hay mow, so the installation of such a device would have proved difficult and costly. After considerable study we put in the following system. It has operated satisfactorily for eight years.

At the intake end of the barn is the customary large mow opening. The door is strongly constructed with stringers. When in use it is lowered to a support which holds it at the height of the hayrack bottom at the lower end and the upper end rests on the mow floor. This is the slide.

At the opposite end of the barn an opening was cut near the peak. In line with the end of the peak we set a stout pole as high as the barn. The top of this pole is braced by a cable to run to a deadman. A pulley is fastened to the top of the pole and one to the bottom.

A rope runs from the whiffletrees of the mow team, through the pulley at the bottom of the pole, up the pole, through the pulley at the top, in through the window, the length of the barn to the pulley on the slide and then returns to be fastened to the top of the pole.

The slings are so placed on the wagon that the load is drawn off at the side. The wagon is driven alongside the slide and the sling is attached to the mowing ropes. The mow team is now started and the sling and its load starts up the slide. Inside the barn the load slides along the mow floor until it reaches the hay, which is mowed away with a slope and then is pulled up the slope to wherever it is desired to trip it. If the hay slope becomes steep a board laid on it will facilitate the elevation of the sling load.

Two slings are used on our wagons; the load on each sling is from 700 to 800 pounds. This load can be handled easily by an ordinary small team. The hay can be mowed as high if not higher than with a track and carrier. The expense of construction is very little. And it is necessary to fasten only two hooks to connect the load with the power.—R. T. P.

WHEN AND HOW TO CAPONIZE

"Is it too late to caponize?" or "Are my chicks old enough?" is usually the first question that comes to you when you become interested in caponizing. You may answer your own question by allowing from six to eight months for the capons to develop, depending upon the size of the cockerels when the operation is performed. No one can tell you the exact age as it varies with the breeds and according to the experience you have had with poultry. If you can tell the cockerels from the pullets when they weigh from one to one and three-quarter pounds, you will have fewer staggy capons—that is, birds that are too old for the operation—and less loss while operating than if you wait until they weigh two pounds or over. At that period, the testicles to be removed are from the size of a grain of wheat to that of a navy bean; at two pounds or over, the testicles are about the size of a large wax bean and are broken so easily that one is apt to leave a small part which will result in producing a "slip" instead of a capon.

The following method has proven very satisfactory:

1. The birds to be caponized should be left without feed or water for twenty-four to thirty-six hours so that the intestines may be empty, otherwise they crowd toward the incision and make the operation difficult and dangerous as one is apt to cut a blood vessel or pierce the intestines.

2. Place an upturned barrel or table in the direct sunlight unless an artificial light such as a flashlight or electric bulb is to be used.

3. Place layers of newspapers on the barrel to insure a clean surface.

4. Remove the soiled paper after each operation.

5. Fasten the bird by looping the string (weighted with a horseshoe, half brick or other object heavy enough to hold the bird) around the legs just above the feet. The weight should hold the bird in place and keep it from struggling.

6. Lay the bird on its side and fasten another string (with weight) around the wings between the flight feathers of the second joint, so that the body will be extended at full length.

7. Locate the last rib just in front of the hip; pull out enough feathers to make room for the incision.

8. Wet the surrounding feathers and the skin with a disinfecting solution, using pad of absorbent cotton or cloth. Change solution often enough to keep it clean.

9. Use a separate dish or pan with clean solution in which to place the instruments, being careful to replace them in the dish instead of laying them on the barrel.

You are now ready to do the actual work:

1. Place the bird with head toward the right hand of operator. Stand well to the left and in line with the legs of the bird. Standing in this position, it is easier to locate the ribs and there is less danger of making the incision in the wrong place.

2. If the cut is made between the hip and the last rib, besides bleeding badly, the incision is so far back that the testicles cannot be seen. If the cut is made between the second and third from the rear, the lung is cut and this usually causes death.

3. With the left hand draw the skin toward the hip, then with knife make a half-inch incision through the skin and the body wall between the last two ribs. *Do not cut too deep.* Keep the skin stretched until the spreaders are inserted.

3. Insert the spreaders in the cut, with the right hand, then hold with the left hand and open them slowly, enlarging the incision with the knife until the operator can insert the extractor. Fasten spreader guard and lay the spreader back on the wings. This leaves both hands free.

4. With the needle or probe break the membrane which lines the body cavity, taking care to pull upward, thus avoiding the possibility of pricking the intestines.

5. With the flat end of the probe push the intestines away from the backbone toward the abdomen. Do not touch the adrenal gland (the dark red object next to the backbone) or the bird will bleed badly.

6. The upper testicle now should be easily seen near the backbone—a creamy or deep yellow body from the size of a large grain of wheat to that of a small navy bean.

7. Insert the extractor lengthwise in the incision, turn crosswise, open, grasp the testicle firmly, pull upward gently to be sure that blood vessel is not pinched. Then, if free, pull gently until the testicle is free from the body. Bring outside the body.

8. Twist the cord and cut with the knife. If young birds it is not necessary to cut the cord, as the testicle will break loose.

9. Be sure that the cord drops back into the body cavity or the bird may bleed to death later.

10. Without removing the weights and strings, turn the bird over and repeat the operation to remove the testicle from the other side. Stretch the skin toward the head instead of toward the hip, keeping the head of the bird toward the right side of operator. When the bird is turned, it is easy for the operator to step to the opposite side of the barrel.

DANGER! Some people remove both testicles from one side, but unless one has become quite expert the loss is much greater. The danger comes from catching the large blood vessels leading to and from the adrenal gland (the dark red organ just between the testicle and the backbone).

11. If the operation is performed from one side only, remove the lower testicle first, then the upper one; otherwise, the blood from the upper will make it difficult to see the lower one.

CAUTION! One must be careful in either case to grasp the testicle cleanly for if a part is left the operation is not successful—that is, instead of a capon, a "slip" is the result. A slip has the appearance of a capon until about four months old then develops a large comb and wattles.

If a small yard is available, the chicks should be kept in it for a few days so that one may watch for wind puffs: the skin sometimes puffs up around the wound and if this puff is left it makes the birds look like toy balloons. If a puff appears, prick the skin to let the air out. Sometimes this needs to be done two or three times. The skin may be cut with a sharp knife, razor blade or a pair of scissors.

The birds should be given water at once and mash may be given soon after the operation. It is wise to mark the caponized birds by cutting off the nail of the back toe, punching a hole in the web between the toes, or clipping the web to where the toes join because one cannot notice an immediate change in appearance as the scab of the incision quickly disappears and the birds might be killed or sold as frys instead of being left to develop as capons.

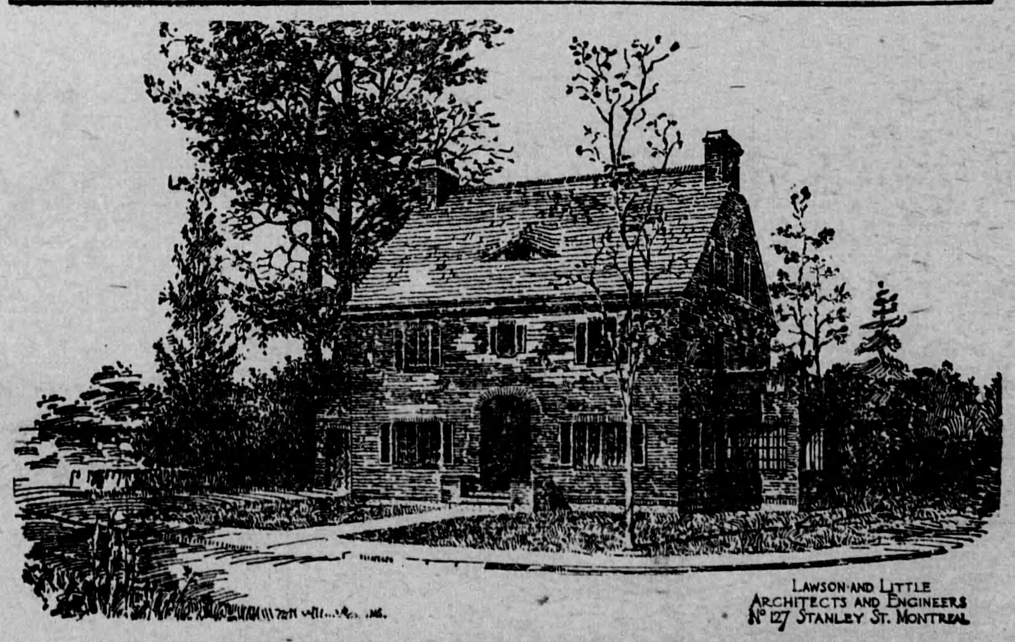
Turning Away Her Wrath.

"Oh, George," wailed the frail and tender-looking young woman. "I have found out that you were devoted to no fewer than five girls before you finally proposed to me. How do I know that you didn't make desperate love to all of them?"

"I did," answered George.

"You did?" she asked, horrified.

"Certainly," he returned. "You don't suppose for a minute I should be so foolhardy as to try for such a prize as you without a little practice, do you?"



AN ENGLISH COTTAGE-TYPE HOUSE

By Lawson and Little, Architects.

The illustrations show a suburban house designed in a modernized version of the English cottage style.

The main entrance door opens into a wide hall, which is enlarged into a square staircase hall at the farther end.

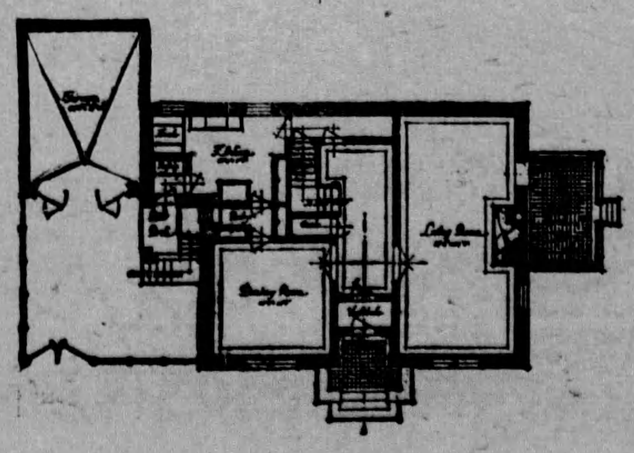
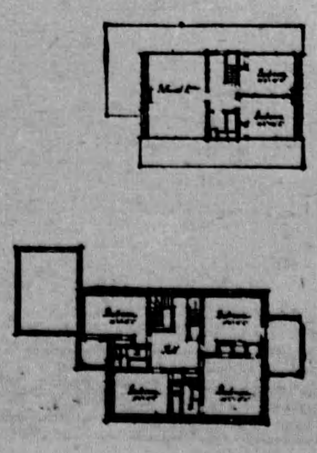
The large living room to the right of the entrance is a room of unlimited possibilities — as regards furnishing and decorating.

The dining room is connected to the kitchen through a serving pantry. The kitchen being provided with a dining nook and ample space for necessary kitchen equipment.

There are four bedrooms and two bath rooms on the first floor, and two bed-rooms and a billiard room in the attic. All the bedrooms are provided with cupboards.

The exterior walls of the house are faced with multi-colored Rustic brick, which together with the dark slate of the roof and the brown color of the woodwork, give the house an unusually artistic appearance.

The living and dining rooms on the ground floor and the halls on both floors are trimmed in hardwood, the remainder of the house in white wood for stain or paint finish. The floors are of hardwood.

The bath rooms are tiled and the plumbing fixtures are of the built-in-type. A boiler room and laundry, together with coal storage, have been provided for in the basement. The heating is by hot water with oil burning equipment. The cost of the house and garage, providing that simple finish is used for the interior woodwork, would be about $10,000.

Readers desiring further information regarding the plans and specifications of this house should communicate with the architect direct. Address Lawson and Little, 374 Beaver Hall Hill, Montreal, Que.