Farm Notes

Ice Cream a Nutritious Food

Ice cream is consumed in larger and larger quantities as the years pass. Apart altogether from the ice cream made in the homes the production in 1926, according to the Dominion Bureau of Statistics, totalled nearly seven million gallons worth more than nine million dollars. This figures up to a per capita consumption of 5.6 pints in the year. The manufacture of this product is being more and more standardized and regulated. It must contain not less than ten per cent. milk fat and no other fat shall be used in its manufacture.

According to a new bulletin, No. 102, of the Department of Agriculture at Ottawa, there has in recent years been a steady improvement in the quality of ice cream, which is now being considered a highly nutritious article of food rather than as a pleasant luxury indulged in for special occasions. This bulletin, written by A. H. White of the Dairy and Cold Storage Branch, covers the manufacture of ice cream as it is carried on by the more advanced dairy companies throughout Canada.

Commercial ice cream, as pointed in the bulletin is divided into three main classes—plain ice cream, made from cream, sugar and flavoring, with or without condensed milk or stabilizer; cooked ice cream, often known as French or Neapolitian, made from cream, sugar, eggs and flavoring, and sometimes containing flour and corn starch, and sherbets and ices, made from water, milk, sugar, egg albumen, and a stabilizer, and flavored with fruit juices or other natural flavorings.

These three general classifications are subdivided into three or more subclasses according to the ingredients used.

A better knowledge of the food value of ice cream has given this dessert a place in the regular diet of many people. With the growth of the ice cream business there has been a steady improvement in the quality, demanding improved machinery and a better knowledge in the operation of the ice cream plants.

The making of ice cream is recognized as an important adjunct of the dairying industry and regarding it as such the Dairy and Cold Storage Commissioner has had prepared a bulletin on its manufacture. Mr. A. R. White, the author, has reviewed the opinions and practices of many of the leading makers and has incorporated these as a safe guide for the maker of fine ice cream. Ice cream of the present day is something more than frozen sweetened cream. In addition to the fats and solids of milk ice cream contains, gelatin, and such stabilizers and fillers as vegetable gums, starch and egg yolk powder, and other wholesome products that have been found to improve the quality and palatibility of ice cream. Various flavoring materials are used and nuts and fruits are common ingredients.

This bulletin, No. 102, of the Department of Agriculture at Ottawa, fresh from the Government press, is distributed by the Publications Branch of the Department.

Blanching Early Celery

For early crop celery blanching with boards stood on edge each side of the row has proved a satisfactory method. At the Charlottetown Experimental Station celery has for several years been handled in a number of different ways to determine th best means of blanching for table use. In his report for 1927 published by the Department of Agriculture at Ottawa, the Superintendent of the Station states that when planted on the level with plants six inches apart each way in the bed there was a heavy yield, but the plants were small, poorly blanched and consequently of poor quality. When planted on the level six inches apart in rows five feet apart and earthed up, the quality was fine. Double rows five feet apart planted on the level and blanched with roofing paper, produced a fair quality only. The best quality was produced when the planting was done in trenches five feet apart and earth up.

Fertilizer Application for Strawberries

Most strawberry fields will profit by an application of fertilizer as soon as a good stand of runners has been obtained. From about the middle of August until well into October the newly formed strawberry plants are laying down their fruit buds for next season's crop. From September 1 to 15 appears to be the most active period of fruit bud formation for eastern Canada and field trials have given us our greatest results at this time when fertilizers have been used. An application of fertilizer, made to the plantaton about September 1, will be maply repaid in increased production next season. As research work at Ottawa is demonstrating the value of proportions between the mineral elements of the soil and nitrogen, it would appear advisable to use a complete fertilizer rather than nitrogen alone, unless it is known for certain that the soil is well stocked with the mineral elements. Such a complete fertilizer may consist of the following: 200 pounds nitrate of soda, or its equivalent in some other equally suitable nitrogenous fertilizer, 100 pounds acid phosphate and 50 pounds muriate of potash. The above proportions appears to meet the needs of the strawberry plant satisfactorily and on soils of good tilth would constitute an acre application. On poorer soils simply increase the quantity of each fertilizer in proportion.

This may be applied by broadcasting between the rows and, if a good dry day is selected, may even be broadcasted over the plants, providing that immediately after applying a heavy canvas or some other material is dragged over the foliage to dislodge any fertilizer that may have adhered to it. If this is done the amount of foliage injury is practically negligble.

The Production of Ripe Tomatoes

Earliness is a prime factor in the production of ripe tomatoes in most parts of Eastern Canada. Few varieties, if allowed to ripen naturally, will mature all their fruit before frost. In fact, no amount of pruning or fertilizing will overcome the tardiness of some varieties to ripen.

Choosing a variety is then one of the essentials to successful tomato growing. The Alacrity is one of the earliest varieties and is usually very productive. The fruit, unfortunately, is inclined to be rough. Bonny Best, though not quite so early, is much smoother and of better quality. The different strains of Earliana are also popular with many market gardeners.

The character of the plants set in the field is also an important factor in determining earliness of maturity and completeness of ripening before frost. The type of plant depends not only upon the dates of sowing and transplanting, but upon expert management of all the other details of plant growing.

To produce sturdy, desirable plants, the seed should be sown in flats early in March. Transplanting begins after the first true leaves have formed, usually about three weeks after the seed is sown. The second transplanting begins when the plants have reached a fair size in the box this being about two weeks later. Twenty-four plants to a flat is the usual number. The third transplanting takes place usually about two weeks later. This may be made into pots or flats.

For the first two weeks the temperature should be maintained at about 70 deg. F. About the time of the third transplanting it should be allowed to go below 50 degs. F., so as to harden the plants. The ventilation should also be increased at this time. At no time during their growth should the plants be given more water than is necessary; in fact, they should be allowed to wilt slightly before water is given. This induces increased hardiness.

Tomatoes require a moderately rich soil. The addition of superphosphate will usually stimulate the production of ripe fruit.

The plants should not be set in the field until all danger of frost is past. In average years, this is about June 10. They should be set in rows four feet apart, and about eighteen inches apart in the rows for staking. When grown on the flat they may be planted four by four feet apart. Experiments conducted at the Charlottetown Experimental Station show that the largest amount of ripe fruit is obtained from plants that are pruned to one stem and tied to either stakes or wire.—Issued by the Director of Publicity, Dom. Dept. of Agriculture, Ottawa.

Kitchen Beauty

Kitchens are no longer an important item in the decorative scheme of the home. To-day the old idea that it doesn't matter what the workshop of the house looks like so long as what comes out of it is nice no longer prevails. To-day housewives believe that an attractive kitchen not only makes work easier and a better impression on friends, but also improves the foods that are prepared there.

"Is your kitchen," asks the "Successful Farming" writer, "of the dark and dingy dull brown variety with dark-finished walls and woodwork, a dull brown linoleum, black stove, sink, pots and pans, with never a spark of color to relieve the monotony? Or has it advanved one step into the hospital variety with white walls and woodwork, white sink, tables, pots, pans and curtains, which most certainly suggest the operating room? Or has your kitchen caught the spirit of the new age and taken unto itself a rainbow of charming colors, relieving all signs of monotony and suggesting anything but drudgery? The kitchen, as any other room, to have a well-balanced color scheme, must employ three or more colors, and must have various and correct proportions of red, yellow and blue, but in combinations. Of course, one color should predominate and be used in greater proportions than the other colors. This predominating color should be restful rather than too stimulating, as soft green, blue-green, yellow, warm gray, buff or ivory."

Safety in the Air

New York Sun: In contrast to the rising death rate from automobile accidents is the decreasing number of fatalities in aviation accidents. In 1920 there were 185 deaths in airplane and balloon accidents; in 1926, when the number of those flying had increased enormously there were 170 deaths. The ratio of deaths to miles flown was in the first year one to 97,587; in 1926 it was one to 1,387,964.

"Are yez an American citizen, Pat?" "Faith Oi am that! Oi was born in Tipperary, but on the Foorth av July."

Where Dry is Really Dry

IT NEVER SNOWS HERE, AND IT SELDOM RAINS

In Lima, Peru, it last rained in February, 1925. The scarcity of moisture is due to the fact that Lima lies on the wrong side of the Andes mountains.

Thoughts While Plowing

A young farmer was plowing his field one summer morning. The sun shone, the grass sparkled with dew, and the air was so light and bracing that no words can describe it. The horses were frisky from the morning air, and pulled the plow along as if in play. They were going at a pace quite different from their usual gait; the man had fairly to run to keep up with them.

The earth, as it was turned by the plow, lay black, and shone with moisture and fatness, and the man at the plow was happy in the thought of soon being able to sow his rye. . . .

A long and rather broad valley, with stretches of green and yellow grain fields, with mowed clover meadows, potato patches in flower, and little fields of flax with their tiny blue flowers, above which fluttered great swarms of white butterflies—this was the setting. At the very heart of the valley, as if to complete the picture, lay a big old-fashioned farmstead, with many gray outhouses and a large red dwelling-house. At the gables stood two tall, spreading pear trees; at the gate were a couple of young birches; in the grass-covered yard were great piles of fire-wood; and behind the barn were several huge haystacks. The farmhouse rising above the low fields was as pretty a sight as a ship, with masts and sails, towering above the broad surface of the sea. . . .

Thinking is never so easy as when one follows a plow up a furrow and down a furrow. You are quite alone, and there is nothing to distract you but the crows hopping about picking up worms. The thoughts seemed to come to the man as readily as if someone had whispered them into his ear. Only on rare occasions had he been able to think as quickly and clearly as on that day, and the thought of it gladdened and encouraged him. . . .

The plowman walked along, his lips moving all the while. He actually imagined that he saw before him the face of his father. "I shall have to lay the whole case before the old man, frankly and clearly," he remarked to himself, "so he can advise me." . . .

"I have often wondered why it is that we Ingmars have been allowed to remain on our farm for hundreds of years, while the other farms have all changed hands. And the thought comes to me that it may be because the Ingmars have always tried to walk in the ways of God. We Ingmars need not fear man; we have only to walk in God's ways." .

Smiling, he followed the plow, which was now moving along very slowly. . . . When he came to the end of the furrow he pulled up the plow and rested. He had become very serious.

"Strange, when you ask anyone's advice you see yourself what is right. Even while you are asking, you discover all at once what you hadn't been able to find out in three whole years. Now it shall be as God wills."
—Selma Lagerlof, in "Jerusalem," translated from the Swedish by Velma Swanston Howard.

Timely Hints About Peaches

Peach Melba

On a slice of angel food or sponge cake lay a ball of ice cream; press half a peach at opposite sides of the ball, pour over the dish a little sweetened whipped cream and sprinkle it with nut meats. Serve at once.

Pie de Luxe

With a baked pie shell at hand, a fresh peach pie may be quickly put together. Fill the shell with the sliced fruit, sprinkle with a little sugar and top with whipped cream. Ice cream over the fruit, with whipped cream on top makes a most welcome surprise whether the weather is hot or cold.

Peach Snow

Peach snow is stiffy-whipped whites of eggs to which are added peaches forced through a sieve and drained from the juice. Sweeten to taste and serve ice cold.

Marshmallow Hearts

Peach halves, whether fresh or canned, with toasted marshmallows in the cavities and whipped cream around each mound is another simple and delicious dessert.

By Aid of the Pitter

The use of the peach stoner, whether for canning or for the preparation of fruit for the table, enables one to get unusual results. After blanching to remove the skin, put the peach into the pitter. The device forces the stone out through a very small opening so the fruit may be canned whole. Or, the peach may be served by filling in the aperture with powdered sugar or stuffing it with part of another peach or some other fruit. Set it in a glass dish and surround it with other fruit or whipped cream. Some like the cream sprinkled with the chopped bitter meats removed from the pits, others use nutmeats of more mild flavor.

Sirup From Peelings

The nicest sirup for canning peaches is made from the peelings. Scald the fruit, dip in cold water to preserve the color, then discard any bruised or decayed spots. Put the peelings into a kettle, and any stones to which fruit clings if the flavor of the pits is liked. As the fruit is peeled, drop it into a kettle of water to prevent discoloration. When there is a sufficient amount of peelings, cover with water and boil until the liquor looks rich. Strain and use the liquid instead of water in making the sirup. Finish the canning in the usual manner. The water into which the peaches were dropped should be used in making fresh supplies of the sirup.

Uses for Juice

One cannot have too much of this canned fruit juice left over. It may be made into most attractive jelly by following the directions that come with commercial pectin. Or, just thickened with cornstarch and slightly sweetened, it makes a delicious dessert to be served with whipped cream. In cold drinks it is very well liked. For fruit salads, thicken the juice with gelatine according to directions on the package, and pour it out into a thin sheet to harden. When it begins to set, drop into it a few nutmeats and some marshmallows cut into pieces with the kitchen shears. Serve in cubes on beds of lettuce, boiled salad dressing diluted with whipped cream poured over each mound. If there is not enough of the jelly to go round, any other kind of fruit may be cut into pieces and mixed with the cubes. As even so small an amount as a cupful of juice may be utilized in this way, none need go to waste.

Peach Kernels

When canning peaches, save part of the stones and let the children extract the kernels. Into a saucepan, put 1 cupful of sugar and 2-3 of a cupful of water for every cupful of the meats. When the sirup boils, add the kernels and boil gently for 15 minutes. Seal in small jars. This makes a specimen addition to any fruit salad, because it gives a delightful and unusual peach flavor.

Handling Clingstones

Small clingstones peaches are unusually delicious when canned, and it is such a nuisance to remove the pits that most women can them whole. However, clingstone peaches can be halved. Out in the west, where clingstones are used almost exclusively for canning purposes because they keep their shape better and have a much finer flavor than the freestones, this method is used: Cut the peach around, being sure to cut through to the stone at every point. Hold the peach tightly in the left hand, and with the right give a firm, quick twist. The two halves will come apart with surprising ease and precision. With the point of the knife, cut the stone from the one side, then peel the fruit. Stoning the fruit in this manner enables one to get almost twice the number of peaches into each can.

Boiling Away From Stove

When making preserves or canning anything that needs to be kept boiling, remove the stove cover to a table in a cool place, setting it on an asbestos mat. The preserves will keep boiling as long as they stand on the hot cover, but the cook will not feel the heat nearly as much as when working over a hot stove. The hot radiator of the fireless cooker may be used instead of a stove cover by the woman who possesses that convenience.

Using the Washer

Many women who have electric washers with the gas attachment for heating the water are now doing their canning in this machine. It accommodates about two dozen jars at a time and, taken altogether, it saves one from one to two hours a day during the canning season.

After the canning season is done and the jars have been wrapped in newspaper to keep out the light, let the children mark them by pasting on each a picture of the fruit contained therein. Magazines abound with such illustrations and the cutting out will help the baby to wile away many a quiet hour while waiting for the other children to return from school.

St. Lawrence Navigation

Prof. L. W. Lyde in the National Review (London): The really remarkable thing about the whole problem is the neglect of obvious means of extending seasonal navigation. The conditions are quite comparable with those on the inner waters of the Baltic, and ice-breakers could unquestionably keep the lower river open for at least two months longer than it is open at present. It is even possible that a channel might be open on the international section of the river by deepening the channel, e.g., above Prescott (Ont.); for the depth of Lake Ontario makes it a reservoir of heat which delays the formation of ice for some weeks after the freezing up of shallower bodies of water in the neighborhood, e.g., even the Ottawa River. Presumably railway interests are too strong for this to be seriously considered, but Canada would gain by it far more than the United States.

Memory of August 8th, 1918, Recalled

THOUGH WONDERFUL FIGHTING MACHINES TANKS HAVE DRAWBACKS

The above picture of a tank in trouble at the recent army manoeuvers in England brings back memories of that second week in August when Canadians saw over thirty tanks wiped out on one small front near Quenille in half a day's fighting.

Sunday School Lesson

August 12. Lesson VII—The Council at Jerusalem, Acts 15: 1-11. Golden Text—If the Son therefore shall make you free, ye shall be free indeed.—John 8: 36.

ANALYSIS

I. THE POINT OF ISSUE, 1-3.

II. THE ASSEMBLY AT JERUSALEM, 4-11.

INTRODUCTION—No body of thoughtful men and women can unite their forces in service and worship without sooner or later experiencing some shades of difference in opinion and conduct. Human nature is very varied. There are minds that are naturally conservative and cleave to old traditions. Others are eager for change, and see the golden age ahead, and are impatient with those who cannot see with them. Nor is this necessarily an evil, since difference of opinion and discussion are not perils unless we exercise them in an unloving spirit of rivalry. In the story of the first council we have an instructive instance of this fact, while we also have a model by which the church may, in every age, try to settle the differences which break out among us.

I. THE POINT AT ISSUE, 1-3.

V. I. The difficulty arose out of the forward step taken when the offer of the gospel was made to the Gentiles. It had already been decided that membership in the church was open to all those who came in faith. But the method in which this was to be done had not yet been settled. Some claimed that the Gentiles should receive circumcision and observe all the laws of the Jewish people. This was the attitude of the Pharisaic party, who evidently had sent down their representatives to the church at Antioch. A further question was, Whether the Gentile convert could enter into full social communion with the Jew? Thus the issue was very real, affecting the social and religious rights of the new converts. If the narrower view prevailed, this became a denial of the universal mission of Jesus.

V. 2. The teaching of these emissaries came like a thunderbolt to the new church at Antioch and created a great confusion. Paul and Barnabas evidently were leaders in the discussion, and they denied the principle which these Jews proclaimed. The claim was so impossible that Paul felt impelled to use all his power in opposing it. The only course to follow was to appeal to the church from which these leaders pretended to come, and it was decided to send a large and important delegation, Paul and Barnabas and certain others. If the passage in Galatians 2 describes this visit we may notice that Paul says definitely that he had also received direct commandment from God to attend. "It was in consequence of a revelation that I went up at all." We do not know the other members of the deputation, but Titus was apparently with them.

V. 3. The entire church was evidently greatly concerned in this matter and they all accompanied the members for some distance, probably to Seleucia the port. As the apostles journeyed to Jerusalem they visited the cities of Phoenicia and told of their reat work among the Gentiles, to the great joy of the brethren.

II. THE ASSEMBLY AT JERUSALEM, 4-11.

V. 4. The brethren are cordially welcomed at the mother church, and Paul and Barnabas publicly tell of the work which they had done among the Gentiles.

V. 5. The sect of the Pharisees likely consisted in this instance of those who had gone to Antioch and who now repeated their demand that circumcision was essential to salvation.

V. 6. It is not very easy to follow the procedure, but, if we may use Gal. 2, it is possible that after the first eneral meeting there were several private conferences when the matters were carefully thrashed out in committee. This is the usual method in all councils and is the only way by which any harmonious settlement can be gained.

V. 7. Then the entire church was called together and the first speech is given by Peter. His impulsive and generous nature led him to make a very definite contribution to the discussion. His speech is summarized in vs. 7-11.

V. 8. He refers to his own experience when he was sent to baptize Cornelius. Then God had given the Holy Ghost to these Gentiles thus showing that their hearts were fit to receive such a grace and that there was no difference in God's sight.

V. 10. Peter confesses that in the early days before his conversion he had felt the yoke of the law and he now pleads with the church to acknowledge that salvation comes by faith alone. Peter was followed by Paul and Barnabas, who gave a rehearsal of their work, and then James made a statement supporting the views of Peter and adding a quotation from Amos, predicting the return of the Gentiles to the true faith. The decision was then reached and it was in favor of the policy of freedom. Circumcision was not to be regarded as essential to salvation but the Gentile converts were to observe certain of the laws of the Jews.

Home Hints

"To remove stains from wallpaper rub with block of magnesia until well covered. Let it stay on a day or so, then rub off with a clean cloth. The soiled spot will have disappeared.

"When your small grass rugs look faded and dirty, paint them . They may be stenciled with designs to match your draperies, sofa pillows, etc.

"When there are several children in the family mother will find it a good pla nto make their napkins of different colors. Let each child choose his own by its color when sitting down to meals."