RECIPES FOR THE HOUSEWIFE

Graham Cookies.

Four cups sifted graham, one cup flour, one cup sugar, one cup shortening, one cup sweet milk, one teaspoon soda.

Quick Cake.

One cup sugar, one and a half cups flour, one and a half teaspoons baking powder. Break one egg in a cup, four tablespoons melted butter added and fill the cup with milk. Mix all together, flavor and bake in two layers.

Sweet Potatoes with Bacon.

Boil potatoes until tender in slightly salted water, then remove the skins. Set potatoes in a baking pan, place a slice of bacon over each one, and bake until the bacon is crisp, basting once or twice with the bacon fat.

Creamed Cold Chicken.

Three cupfuls of cooked chicken, diced; one cupful of chicken stock; one cupful of milk; three tablespoons of flour; two tablespoons of soft butter; salt and pepper to taste. Rub butter and flour to a smooth paste, slowly add the milk, stir this into the hot stock and stir over fire until well thickened. Season to taste; then add the chicken, and when well heated through, serve in ramekins or little toast cups.

Carrot Pudding.

One cup grated carrot, one cup raw potato, one cup sugar, one cup chopped suet, one cup chopped raisins, one cup zante currants, one and a half cups flour, one teaspoon soda dissolved in a little water. Steam three hours. Serve with any good hot sauce.

Lemon Soup.

A delicious variation on chicken soup. Make small forcemeat balls of chopped cold chicken, breadcrumbs and herbs mixed together and bound with the yolk of an egg. Cook these in a quart and a half of chicken broth. Take them out and thicken the soup with half a cupful of cream or milk beaten up with three eggs, the juice of a lemon, a little nutmeg and pepper and salt. Return the forcemeat balls to the soup and serve with sippets of toast.

Ribbon Sandwiches.

Select square loaves of rye or graham bread, also the same sized loaves of white. Cut as directed for log cabin sandwiches, but always fit together from three to five slices at a time, using some soft filling that will make them adhere well. When the required number of alternating kinds of bread are put together, cut into narrow strips and lay separately on platters, stacking the sandwiches in herring-bone style.

Graham Nut Bread.

One quart raised bread batter, one quart graham and white flour mixed, one-third cup sugar, one tablespoon cottolene, half cup chopped nut meats. This will make two loaves. Mix sugar and cottolene well through the flour, add bread batter and knead soft. Make into loaves, let raise until light and bake one hour in moderate oven. The nuts may be omitted if desired. This bread makes nice sandwiches for teas or picnics.

White Custards.

Heat a pint of milk scalding hot and pour it upon the whites of three eggs which have been stirred—not beaten—with two teaspoonfuls of powdered sugar. Flavor to taste with vanilla, turn into wet custard cups, and set in a pan of boiling water in the oven, covering closely. Bake until the custards are set. When cold, turn into a flat dish, cover with whipped cream, sprinkle with grated maple sugar and serve.

Soft Ginger Cookies.

One cup molasses, one and three-fourths teaspoons soda, one cup sour milk, one-half cup melted butter or lard, two teaspoons ginger, one teaspoon salt, four or five cups of pastry flour. Add soda to molasses and beat. Add milk, ginger, salt and flour until mixture is so stiff it will just drop from spoon. Then add melted shortening; set aside to chill for a few hours. Then divide mixture, roll lightly to one-fourth inch thickness, shape with round cutter and bake on buttered sheet about 8 to 10 minutes.

Baked Eggs in Potato Cases.

Cook sufficient potatoes and mash the evening before needed. Season nicely as for the table. Make the potatoes in small cakes and dust with flour. With your finger press a hollow in each cake. This can be done while the potatoes are warm. In the morning brush the cases with milk and place in the oven to brown, when hot and nearly brown enough remove from the oven and drop an egg into each case, with a dash of pepper and a bit of butter on each egg. Place in the oven again and bake until eggs are set. This is a very pretty and appetizing dish for breakfast.

Chili Con Carne.

Slice six or seven large onions and fry thoroughly, but not until they are brown, in a frying pan with lard. Add one pound of ground round steak. Have one can of tomatoes, one can of kidney beans, a pinch of cayenne pepper and chili powder to suit the taste, cooking in two quarts of water. Add contents of the frying pan and continue to cook. Boil the mixture down until thick, if liked that way. The process of thickening may be assisted by adding flour to the frying meat and onions, then pouring in a little of the liquid mixture, before putting it all together.

Care of Poultry Flock in Winter

A Few Suggestions That Will Help the Inexperienced Poultryman Fill His Basket When Eggs Are High

Much has been written about the hen in her relation to the price of eggs in winter and many poultry raisers have been so far successful as to make the winter hen pay a larger profit than the summer hen. But the general rule is otherwise, due, perhaps, to a misunderstanding of the best methods of feeding and housing, or to a lack of proper quarters for the housing of the birds. It is our purpose in this article to show how results may be secured in winter as well as in summer, and in order to get at the subject properly, it might be well to lay down a few fundamental principles, the following of which is indispensible to the securing of results in the henhouse.

First, hens must be kept warm at night; second, the quarters must be perfectly dry; third, the henhouse must be free from vermin; and fourth, the hen must be kept busy. If these four things are looked to, the egg basket will always be full, granted the stock is well selected and the food ration is right. As to the selection of stock, it makes very little difference as to breed among the recognized staple breeds, but constant system of culling and selecting is necessary in order to get rid of the hen that doesn't pay.

An idea of the enormous amount of work done by the hen can be gained from the fact that in producing 200 eggs a year she is accounting for a marketable product that is from three to five times her own weight. All this comes at the expense of her own vitality and the interior mechanism is of such delicacy that a sudden shock that interferes in any way with her comfort will stop the machinery and the egg factory will go out of business. This fact has been clearly demonstrated by experiment. Two flocks of hens, selected as equally as possible and having equal laying records, were placed in separate quarters, the one being full of cracks and open to the winds and storms of winter and the other comfortably housed in water-proof and wind-proof shelter. Within three days the first flock began to fall off in egg production and after two weeks not a single hen was laying. Instances are on record where the results were even more immediate than this. In the other case no change was noticed in the egg production and the hens were active and industrious, while the first flock stood huddled together in a corner during the day, eating very little.

In order to keep the factory going it must be supplied with plenty of animal heat. For, in the absence of comfort, the fat of the body is called upon to furnish the fuel needed by the laying organs. This creates a demand upon the hen that she cannot stand, and when the surplus fat is exhausted, the laying organs cease to work. The over-fat hen becomes lazy and sluggish, but the under-fat hen has not sufficient fuel supply for egg production.

This does not mean that fresh air must be excluded from the roosting quarters, but that the place must be free from drafts. Many poultry raisers have the best success with open front houses, a curtain of cheesecloth being dropped before the opening at night to exclude the draft. This allows the free circulation of air, without the baneful effects of damp or frost-laden currents. Other houses are so built that the open portion is used only for a scratching pen during the day, a separate apartment being provided for roosting and being completely enclosed. This arrangement finds favor among many poultrymen because it enables them to keep the hens unoccupied for some time after sunrise, before they are turned into the scratching quarters. It is claimed for this arrangement that the hens have a better appetite and work harder for their breakfast.

Too much heat is just as bad for the laying hen as too little. It must be remembered that the huddling together of a large number of hens creates a vast amount of animal heat. Too close quarters may produce suffocation, the farmer finding some of his flock dead under the roost in the morning. This can be easily avoided by providing ventilation, fresh air being an essential to the health of the hen.

There is a division of opinion among poultry men as to the virtue of the ground floor for the flock. It seems the only test for this question should be whether or not it can be kept dry. In a moist climate, the drainage about the coop must be looked to if the dirt floor is used. The floor may be raised somewhat from the surrounding dirt, and, if the coop is on a slope, ditches can be run about it so that no water will seep through into the coop. Many poultrymen contend that the board floor, raised from the ground with room for ventilation underneath, affords the only insurance against dampness on the floor of the coop in winter. Others, equally successful, insist upon the dirt floor. Either will be found satisfactory if kept perfectly dry. Dampness is the hen's worst enemy, for once roup has gained a hold on the flock, it is difficult of eradication. The hens must be kept off the damp ground for cold wet feet will stop egg production as quickly as anything. The hen that is allowed to run out all winter will probably not lay until spring. She has to spend too much time thinking about her feet to give much thought to egg production. Furthermore, the heat of the body is consumed in warming up the legs and feet instead of going to stimulate the action of the laying organs. So the floor that is continually wet will keep the laying organs inactive. The main objection to the dirt floor is that it is more difficult to keep the litter clean on account of the constant working up of the loose dirt. Supporters of the dirt floor theory, however, claim that it is far better to have the hens on the floor nature provided for them, even though it does require cleaning out more frequently, than to make them work on hard boards.

White Leghorns Prove Profitable Birds

Cleanliness is an essential part of the hen's comfort. Indeed, it has been clearly demonstrated that foulness in the coop will, directly or indirectly, stop egg production. In the first place, uncleanliness is the harbor of vermin, and the hen that is infested with lice or mites cannot work. The effect is the same as that of cold—the strength of the hen is taken up with a fight for her blood. The fuel that should go to the egg organs is diverted to repair the tissues torn down by the parasite. She gets no rest at night, and in the daytime she mopes about listlessly when she ought to be working for her food. If the dropping boards are not cleaned frequently, and every day is not too often, they will be found to be alive with mites which swarm up onto the roosts at night and sap the life of the hen. Cases of neglect are very common where the blood-filled insects are scraped off by the cupful in the morning. Every crack is full, dry manure is found to be literally alive with them, while the roosts themselves are almost red with the millions of parasites. The poultryman wonders where they came from. It is a hard question to answer, but they are there. They seem to spring from nowhere and to become myriads before he is aware of their presence. The nest boxes are found to be infested, and the hens refuse to use them. The litter is full and a constant stream of the little pests is found to course up and down the legs of the hen. Can you expect her to lay under these conditions?

A further serious objection to the unclean dropping board in summer is that it becomes a breeding place for maggots. Now the maggot is a grub, and grubs are known to be valuable as egg producers. But the maggot is the kind of grub that needs a severe leaving alone. Many a little chick owes its death to a too hearty meal of maggots, foraged from the carcass of some dead animal. You pick up a chick some morning and find that its neck seems to have lost its stiffness. It is suffering from "limber neck" and the cause is a too close intimacy with decayed meat or maggots. Old hens are not immune from the evils of this disease, and when they go to scratching in the droppings it is because they find there some animal life. Beware of the consequences, for, while they may not get enough of the grubs to give them limber neck, they are partaking of food that will tend to place them on the hospital list.

Mites can be handled if taken in time and the measures are repeated. The first thing is absolute cleanliness. Cleanse the dropping board, or remove it entirely. Pour a liberal amount of kerosene on the ground under the roosts, to discourage future generations. Burn up the old roosts and nest boxes. If you have a dirt floor, first clean out all the old litter, wet the ground thoroughly and then spade it up. Spray the interior of the coop with lime and lye, creosote, or lime-sulphur solution. Then replace the old roosts with new ones planed free from knots or anything that would afford a hiding place for the mites, paint the roosts with creosote and put tobacco leaves under them wherever they are attached to cross pieces; give your hens a fresh box of hard wood ashes to roll in and then never cease to be vigilant. If these directions are followed the vermin will disappear and the hen is on the road to egg production.

If the trouble is lice, a different method must be followed, for the mite works only at night, when the hen is on the roost, or when she is quiet on the nest. The louse, however, stays on the hen all the time. Plenty of ashes for dusting will act as a deterrent to lice, but will not be found wholly effective as a rule. A good poultry powder will be found necessary from time to time, and should be sifted thoroughly through the feathers, the hen being held head down. If the trouble seems to be confined to the head and neck, an application of kerosene and lard will be found very effective. This is especially valuable in the treatment of young stock, as an experiment will show. The lice will be seen to release their hold and drop off.

The value of the scratching pen as an egg producer has been demonstrated over and over again in recent years. It is related that the effect of scratching was discovered by accident. A farmer had a hen that stole its nest late in the season and came off with a large litter of chickens. The weather was so cold that she could not be allowed to run at large with her flock, and was confined in an old shed where the floor was covered with a depth of several inches of chips. Food was thrown to the flock and a lively scratching began, the old hen keeping up the practice day after day. In a few days she was heard to cackle, and, upon investigation, a number of eggs were found in an old stove in the shed. The hen continued to lay regularly until her chicks were weaned, while the balance of the flock, which was fed every day on the ground in front of the coop, produced no eggs at all. An experiment with a number of the flock followed, and the result verified the suspicion that scratching was responsible. Now the scratching pen is regarded as a necessity in winter and is provided in many of the largest poultry farms in the country. It furnishes heat necessary for the fowl, gives her an appetite and keeps her from becoming over-fat. Scientific investigation has revealed the fact that the laying organs are stimulated by the exercise, becoming more prolific and changing in a few days from a state of low dormancy to one of high production.

The exercise theory is well adapted to that of the open front house. If the house is open to the south, it will reap all the benefit of the sun on bright days, while the curtain will protect it from damaging drafts on stormy days. If the hens are made to work for their living they will be able to stand more severe weather as the exercise tends to make them hardy. Many poultrymen have splendid success with these houses, even without the curtain at night, but it is better to drop the curtain as soon as the sun goes down.

These are but a few of the many elements that go to make a successful poultry flock.

Open Front Houses Are Popular