

BIRD DAYS



IN APRIL
In the shady woodland,
Every tree's a town
Where the birds are building
Houses neat and brown.

Chorus:
From leafy bough just o'er us
Tra la la tra la!
Hear the happy chorus
Tra la la tra la!

Blackbirds in the oak trees
Jangle all the day,
For each saucy birdie
Wants his own sweet way.

Chorus:
From leafy bough, etc.

Down there in the alders,
Dressed in gold and black,
Yellow birds are calling
That they're really back

Chorus.

Hear the glad song sparrow
On the hazel spray,
Telling all his neighbors
He is home to stay.

Chorus.

Robins in the elm trees,
All in bright red vests,
Dropping bits of music,
Build their downy nests.

Chorus.

And the bonnie bluebird
From the apple tree
Sings from morn to sunrise
"Home's the place for me."

Chorus. —Old School Song.

By **ELMO SCOTT WATSON**

N NEARLY every state in the Union the governor has already issued a proclamation like this: "That we possess great wealth in our trees and birds is a matter of common knowledge; but this wealth, like many other blessings which we enjoy, is not always fully appreciated, etc." and ending "Now, therefore, I, _____, governor of the state of _____, in accordance with the provisions of the statutes, do hereby designate Friday, April _____, and Friday, October _____, of the present year as ARBOR AND BIRD DAYS, upon which days suitable exercises may be held to accentuate and emphasize the importance of the propagation of trees, shrubs and vines, and the preservation of our native bird life."

Accordingly, all over the land some Friday (the date varies in different states) this month will find the school children singing just such songs as that which heads this article or otherwise taking part in "suitable exercises." So far as the children are concerned, these exercises may or may not "accentuate and emphasize the importance of the propagation of trees, shrubs and vines, and the preservation of our native bird life," but they enter into them with zest, because they offer an opportunity to express the kinship, which all of us feel, with those elements in Nature which are not hedged in and restricted



BOBOLINK

by all the conventions and superficialities of "civilized" human life. The true Nature lover... not the "ain't Nature grand?" person, but the one whom the beauties of Nature make silent, rather than vocal... needs no governor's proclamation to make him aware of Arbor and Bird days. To him every April day is Bird



CATBIRD

day and the best proclamation of that fact is the ecstasy of song which greets him on an April morning. For this is pre-eminently the month of birds as it is the month of wildflowers.

Some of our birds are with us the year round. A walk through the woods in winter, when the bare branches of the trees and the absence of green vegetation tells us that Mother Nature is sleeping, will reveal to us an astonishingly large number of birds, if we take the trouble to make a list of the different species we see. There are the bob white and ruffed grouse, the various species of hawks and owls, the crow, the horned lark, several species of sparrows, finches, the cedar waxwing, the chickadee and the nuthatch, all listed by most ornithologists as "permanent residents," not to mention a varied assortment of winter visitants. The plumage of most of them is somewhat drab and dull, in keeping with the spirit of winter, but it is relieved by such flashes of color as the bright blue of the blue jay and the brilliance of the cardinal's scarlet.

As winter wanes and the first premonitions of the approaching spring are felt, we become aware of the fact that our bird population will soon be increased. Those premonitions come



HOUSE WREN

as we hear the first band of wild geese go honking over us some night late in February or early in March. Remember that line from Kipling's, "The Feet of the Young Men"... "Who hath lain alone to hear the wild-geese cry?"—and the refrain of that poem

He must go—go—go away from here!
On the other side the world he's
Overdue.
Send your road is clear before you
When the old Spring-fret comes
O'er you
And the Red Gods call for you!

If that cry, heard in the night, stirs the gypsy strain in our blood, it is only accentuated when we see in the sky in the daytime the long V-shaped group of honkers or hear the whistle of wings as a flock of wild ducks sweep over our heads. These are the vanguard of the migrating feathered hordes which we know will soon be on their way north. Then we begin to watch for the first robin and the first bluebird (of course in some of the states which really are "northern states" both the robin and the bluebird are permanent residents, but to most people these two are the true harbingers of spring) and—after that the deluge!

Every April day is Bird day! And every day the birds proclaim that spring is really here. The flicker (some call him the yellow hammer, others the high-hole, others the "golden-winged woodpecker") is one of the busiest heralds of the season. During the winter he is not much given to song, but when spring warms his heart

he is an altogether different individual. A sort of frenzy possesses him and to the bird lover the flicker's spring song is more beautiful than anything that Mendelssohn ever composed. The same sort of madness strikes his brother, the red-headed woodpecker, and he is not happy until he can find a tin roof upon which to sound his reveille. It's the madness that strikes the red-winged blackbird who seems so full of the spring joy that it pours out of him in an incoherent and jumbled gurgling flood of sound. It hits the kingbird, too, and high up in the air he swoops and swerves, sounding his war cry and looking for a crow or a hawk to put to ignominious flight.

And these are but a few of the birds who add their voices to make the woods and orchards ring. A little later the bird lover will pass the crested flycatcher, the phoebe, the



BARN SWALLOW

meadowlark, the towhee, the barn swallow and the yellow-billed cuckoo by with scarcely a glance. But when they first arrive they are greeted with the same thrill of delight which one feels at seeing an old friend again. So April is a month of mounting climaxes—each day to look forward to because it means the sight of another returning bird friend. Then late in the month comes the big thrill which makes all others seem tame. It may be when you catch sight of the scarlet tanager's flashing beauty or when courtly Lord Baltimore (Baltimore Oriole) first makes his appearance. Or it may be when you hear the song of a robin which doesn't sound exactly like a robin and then, when you get a glimpse of the singer, discover that he is the rose-breasted grosbeak whose notes resemble so closely those of Robin himself.

But it's more likely to be the day when you see the first redstart or Myrtle warbler of the season. For then you realize that the tide of the spring bird migration has almost reached its peak and that soon the warblers in all their rare beauty and difficulty of identification will be here. To the true bird lover there is no thrill so keen as that of seeing and identifying one of these "little gems of the bird world" for the first time.

April days are bird days and because they are that, April is a month



MYRTLE WARBLER

to look forward to, a month to enjoy to the utmost while it is with us and a month to look back upon with fondest memory when the heat and dust and stagnation of midsummer comes round again.

THE KITCHEN CABINET

(© 1927, Western Newspaper Union.)
The fragrance of a thought may rise
To nobler life and subtler guise
As still as violets by the brooks—
A thing too rare to set in books,
Or cage in song.
—Edward Day.

SIMPLE SEA FOODS

There are more edible fish in the sea than edible animals on land. There are very few fish when caught that are not good to eat.

Brook Trout in Cream.
—Brook trout are delicious cooked any way, but to vary this dainty morsel salt the fish lightly and lay in a baking dish or enamel baking pan

with just enough water to keep the fish from burning. Bake slowly, basting with butter and water, about fifteen minutes. When the fish is nearly done add a cupful of cream and two tablespoonfuls of water to a double boiler, stir into this two tablespoonfuls of melted butter and a teaspoonful of finely minced parsley. Pour this over the fish in the pan and cook in the oven three minutes. Garnish with parsley and serve.

It has been well established in recent years that clams, both hard and soft shell, are most nourishing and easily assimilated, especially when the tough and hard portions are removed. As a result, clam juice or extract, is now almost universally employed as a food for invalids.

Clam Broth.—Scrub the fresh clams with a brush until the shells are clean, using several waters. Place in a kettle, cover with cold water and simmer slowly for an hour. This method brings out all the flavor, the real ocean taste, and a highly concentrated broth which will allow diluting. Pour off the broth, strain it through a cloth, season, reheat and serve.

Clam Bouillon.—Heat the broth, add salt, pepper and a lump of butter. Serve very hot in bouillon cups. Add a spoonful of whipped cream to each cup if desired.

Baked Whitefish.—Clean the fish and leave it whole, cleaning it well outside and in and season well with salt and pepper. Put the fish on a well-oiled plank, cover with sliced tomatoes, onions which have been chopped and boiled in bouillon and seasoned with chopped parsley. Pour a little oil over all and sprinkle the top with bread crumbs. Bake twenty minutes in an oven hot enough to brown well. When the backbone loosens from the fish it is well done.

Recipes and Hints.

As fish is such easily digested food, it should be served as often as possible on the family table.

Deviled Fish.—Take two pounds of any meaty fish, brush a dish with hot fat, lay in the fish and cover with the following sauce: One cupful of white sauce, one-half cupful of chopped green pepper, one-half beaten egg, two teaspoonfuls of salt, one-half teaspoonful of mustard, one teaspoonful of any table sauce, one teaspoonful of grated onion, two teaspoonfuls of butter; brush the fish with the other half of the beaten egg, add two cupfuls of lightly flaked fish to the sauce and pour over the fish. Sprinkle with bread crumbs and bake in a hot oven until well browned.

Tapoca Pudding.—Cook one tablespoonful of tapoca fifteen minutes in a pint of milk. Dissolve one tablespoonful of gelatin in one-half cupful of water, add one-half cupful of sugar, the yolk of an egg, and add to the first mixture. Pour over stewed prunes, apricots or peaches. When cool stir in one-half cupful of whipped cream.

Cream of Cheese Soup.—Slice a large onion, add a pint of boiling water and boil until tender. Remove the onion and add a pint of milk with a pinch of soda. Pour this liquid over one tablespoonful of butter and flour cooked together. When the mixture thickens add one-half cupful of grated cheese and a beaten egg. Season with salt and pepper.

Old silk stockings make fine rugs. When you have a run in a good stocking take it at once with a crochet hook and loop the stitch back, then fasten securely.

A good sized market basket is a helpful servant in the home. It will hold fruit and vegetables when visiting the fruit cellar, or carrying laundry or anything from floor to floor.

Any knives with horn, wood, ivory or pearl handles should never be put into water but washed in the hand without wetting the handle.

Nellie Maxwell

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