

Sister Mary's Kitchen

BY SISTER MARY,
NEA Service Writer.

The thoughtful housewife usually plans her dessert from three angles: Nourishment, cost and beauty. The summer dessert especially can be planned to provide much nourishment for the meal. The nourishment required in the dessert is determined by the rest of the meal. Calculate the calories and observe the protein contained in the main part of the menu. If the first course of a luncheon is a rich cream soup, a dessert made of milk and eggs is not suitable. If the meat course has been a heavy roast, a light, cooling dessert should be chosen. But when the meat course has been light, as is often the case in hot weather, the dessert can well make up the necessary protein in its milk and eggs.

A very sweet dessert often adds much to the fuel value of a meal, for sugar is a quick energizer or stimulant. In summer the sweetness of desserts should be given

TOMORROW'S MENU

- Breakfast: Unhulled strawberries, cereal, cream, potato omelet, graham muffins, milk, coffee.
- Luncheon: Cream of spinach soup, croquettes, open sandwiches of marmalade and nuts, fruit cup, milk, tea.
- Dinner: Slice of ham baked in milk, lattice potatoes, carrots and peas in tournai cups, head lettuce with French dressing, orange souffle, chocolate drop cookies, milk, coffee.

careful attention. It should, of course, be sweet enough to be palatable, but over-sweetening produces just that much extra heat.

If the meal has been lacking in bulk and breadstuffs, a rice or cereal pudding fills the need.

If the meat and vegetables have been expensive, serve an inexpensive dessert. This does not mean a commonplace one, but rather one that is simple, requiring no large amount of cream nor expensive, elaborate ingredients. Contrast is always essential and a simple dessert should follow an elaborate main course.

Fruit is the ideal dessert for summer on several counts. One of the criticisms of the food of the average family is that too little fruit is used in the daily diet. The serving of fresh fruit saves time, an important factor in a busy mother's day. Waste can be avoided if several varieties are cut up together. Served in combination, none need go begging because there's not enough to "go round." Slightly sweetened and chilled, there's nothing more refreshing than a fruit cup.

Fruit juices stiffened by the addition of gelatine make excellent hot weather desserts for almost all ages and types. The person who is dieting to reduce may have this dessert without cream, while the one who wants to gain in weight will find the fruit stimulating to the appetite with the cream adding many calories to his diet.

Rice puddings always are acceptable and can be as inexpensive and simple as one wishes. When made with milk and eggs, they are very nourishing and are particularly suitable to serve after a summer vegetable-plate dinner.

Chilled Orange Souffle

Three eggs, 1 lemon, 1 tablespoon granulated gelatine, 1/4 cup cold water, 2 oranges, 1/2 cup sugar, few grains salt, 1/2 cup whipping cream.

Soften gelatine in cold water for five minutes. Beat yolks of eggs with sugar and lemon juice and cook over hot water until thickened. Stir in softened gelatine and let stand until cool. Add pulp of oranges freed from skin and seeds, white of eggs beaten until stiff and dry and cream whipped until firm. Mix lightly and turn into a mold. Let stand on ice for two hours or longer until thoroughly chilled and firm. Unmold and serve.

SHOWS INCREASE IN BUTTER FAT PRODUCTION

Lincoln, Neb. (UP)—Butterfat production in Nebraska dairy herd improvement associations increased one pound per cow in May, as compared to previous months, according to reports compiled by the Nebraska college of agriculture. Reports were received from 23 associations.

The May average represented a 3.4 per cent increase above April. The average, however, was two-tenths of a pound below the average of 30.6 pounds per cow for May, last year.

The fact that 91.2 per cent of the herds showed a gain; despite the fact 89.5 per cent of the total number were on pasture, is regarded by agricultural college authorities as indicating that association members are following the best dairy practices.

The Blue Valley testing association, H. P. Tevell supervisor led all others in production of butterfat during May. The organization, with four herds tested, averaged 36.7 pounds butterfat per cow.

W. A. Post, of Napoleon, in the Republican Valley dairy herd improvement association, owned the highest butterfat producing cow. His cow, a registered Holstein, made a record production of 114.6 pounds of butterfat during May.

Bill Wambegans, hero of the 1920 Central league team at Fort World series, when he starred for the Cleveland Indians, is managing

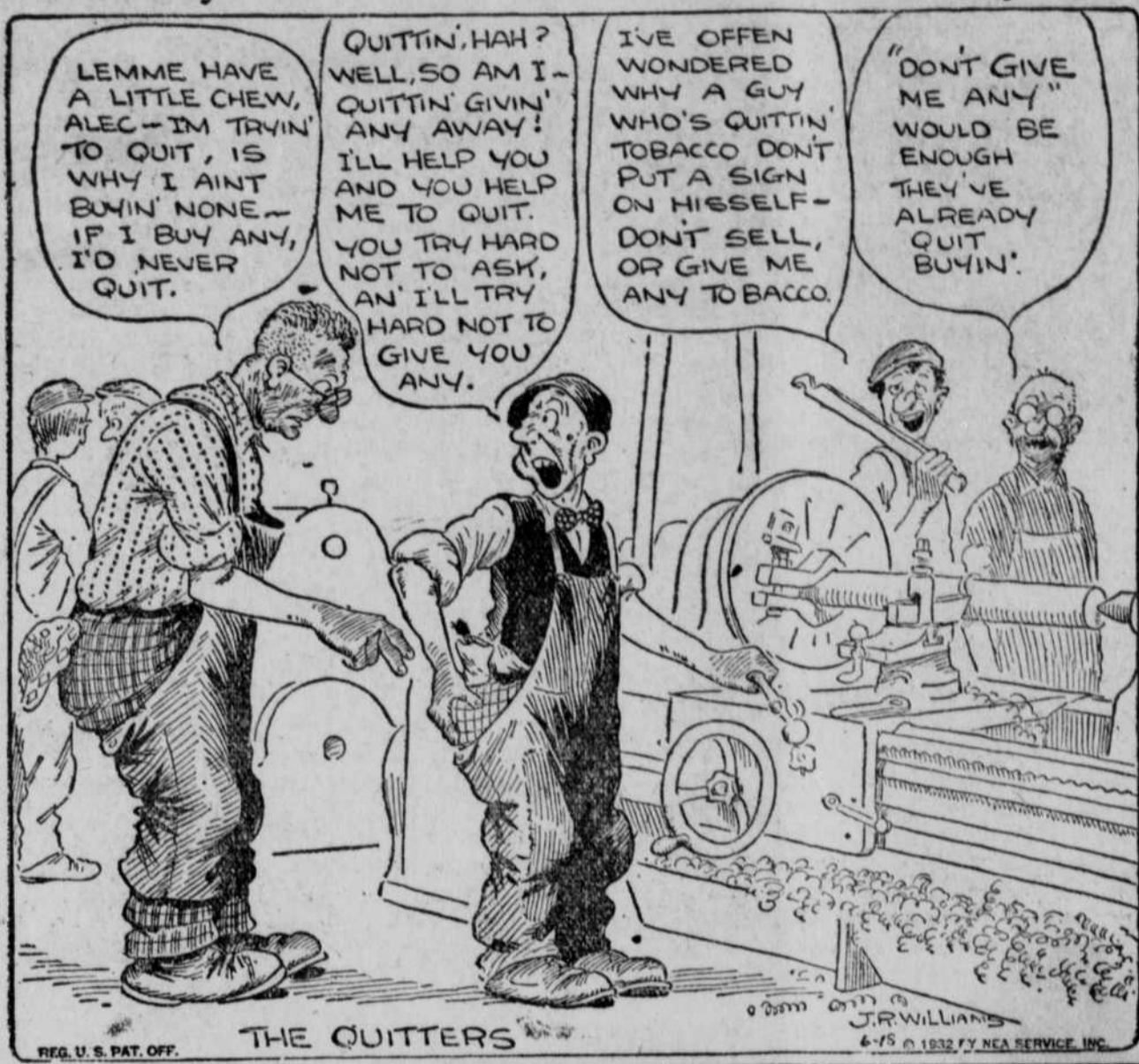
One Little Word

From Pathfinder.
"It must have made George feel good when Peggy told him he was one in a million."

"Quite the reverse. What she really said was that he was only one in a million."

London—When Sir Norman Angell, famous economist, reaches his lonely island off the Essex coast, he will lead the life of Crusoe. His farmstead is the only habitation on the island, and is completely secluded from tourists and pleasure seekers.

Out Our Way



Not Birds of a Feather, But—



It's a strange story mates! Eight years ago, Jerry, the parrot, was the Beau Brummel of the Panama jungles, while Minnie, the cat, was one of New York's best night serenaders. No one ever dreamed their paths would cross some day. But recently their owner, Joe Travers, brought them together and they've been inseparable pals ever since. They are shown here as they shared their noonday meal. Cute, isn't it?

THE WHITE GARDEN.

When evening called it found one spring,
A garden clad in white;
Nymph birches stretched their
bleaming limbs,
All bathed in silver light.

Spirea's drooping boughs were decked
With scarves of creamy lace;
White lilacs foamed above a wall
From shrub, a tall, green vase.

Pale columbine, like night moths
wan,
Relieved a corner's bloom;
Mock orange from its waxen cups
Drenched all with faint perfume.

And when night pulled her curtains
dark
And crescent moon sank low,
Along the pallid pathway passed
A ghost of long ago.

—Sam Page.

THE CURBSTONE JUDGE

David G. Monroe and John Leonard, in Police "13-13" (Chicago)

Once it was said by an able and experienced police officer that "if I can put my hand on the shoulder of a boy, he is my friend." What a wealth of wisdom there is in this one observation. For to get the boy's confidence and his friendship is to open the portals to his heart. When an admission has been given in a heart-to-heart talk, the results of the meeting may cast a new light upon a clouded existence. For the moment, the patrolman ceases to be a policeman. He dons the "armied" robe and becomes a Judge of the First Instance. He hears the case, counsels or warns, sympathizes or coddles. What his action is, how he analyzes the situation, how much confidence he has obtained may mean victory or defeat. Confidence followed by the kindly advice of an alert father-confessor can work miracles.

A few years ago in one of the outlying neighborhoods, several houses were in process of construction. Their hot-headed owner was walking around them one evening when he saw a number of boys

Gold in Demand

A bulletin from the Royal Bank of Canada reports that the gold production of the Dominion last year was \$55,000,000, an increase of \$12,000,000 over the preceding year. Furthermore, promising fields have been opened from Quebec to British Columbia with prospects of increased production in 1932. A dispatch from Paris in the New York Times reports a new Swedish mine that may yield 12 tons of gold a year. Everywhere an intensive search is being made for gold,

for gold is just about the only important commodity falling short of demand. The conservative officials of the Federal Reserve Bank admit the need of a "mild inflation" as a business stimulus. On way to inflate, provided we stand by the gold standard, is to find more gold. There seems to be a general assumption that the world's gold resources are about depleted. But who knows. During the feverish days of 1919 one of the country's leading oil men in a public address in Dallas predicted dollar-a-gallon gasoline. He based his statement

By Williams

OF INTEREST TO FARMERS

FREDONIA GRAPE

A few years ago the new blue grape, Fredonia, was briefly discussed from the standpoint of the breeder and investigator. While it was believed at the time this addition to the grape list would be favorably received, it was not expected that within so short a period this variety would become so well known, and succeed over so wide a range as is indicated from the many reports telling of its performance. To the individual who is solely interested in quality in a fruit Fredonia may not measure up to his standard, but by and large the variety is a most satisfactory sort to grow. Most people who grow grapes demand a variety that will ripen its crop thoroughly in four out of five seasons; one that is vigorous; its yield must be above the average; the fruit must be attractive even to the point of showiness, and the quality must be the equal of well-known varieties. The Fredonia has now been grown long enough to judge it from all these standpoints. Since it ripens its fruit about with the familiar Moore's Early, and several days in advance of the well-known Worden, its maturity is assured wherever Moore or Worden can be grown. The vigor of Fredonia far surpasses Moore, Worden and even Concord. The yields year after year have been most satisfactory. Records show that the crops harvested from Fredonia vines have far surpassed Moore, and they have been consistently larger than the yields from Concord and Worden. In no respect does Fredonia make a stronger appeal than in its attractiveness. The clusters are large and quite compact. The berries of Fredonia are very blue and covered with a heavy bloom, which greatly adds to its attractiveness. Its quality is better than Moore, and equal of Worden, and but little below that of Concord. As a real early blue grape that can be grown satisfactorily with a minimum of attention, Fredonia is unexcelled. Many nurserymen now possess sizable stocks, available this spring.

BEGIN FEEDING EARLY

During its development in the egg, the chick embryo uses only a part of the yolk. Just before the chick emerges from the shell, it takes the remainder into its body and then gradually assimilates it. Although the time required to absorb the yolk varies somewhat with the individual, most healthy chicks complete this process by the 11th day after hatching. Before fowls were domesticated, it is possible that the baby chick was unable to obtain any other food, and the assimilation of the yolk prevented starvation for several days. This provision of nature is one of the principal factors making possible the development of mammoth hatcheries. As chicks need not be fed for two or three days after hatching, they may be shipped long distances. It has been generally believed that chicks not only do not require food for some time after hatching, but also that early feeding interferes with the normal assimilation of the egg yolk. This belief has been fostered by the discovery of unabsorbed yolks in chicks which had been fed early, and which had subsequently died or were experiencing digestive troubles. These observations led to definite recommendations that chicks should not be fed until they were from 36 to 72 hours old. Experimental data that substantiate or refute these recommendations, however, have been meager. Accordingly, an experiment was conducted at one United States Poultry experiment station, first when 24 and 72 hours old. Practical experience has shown that it is not harmful to withhold feed from baby chicks for two or three days, as often happens when they are shipped. However, when conditions permit it, it is advisable to feed chicks earlier.

WHY NOT DO IT NOW?

During the last year I have been on at least 20 farms says a field man, where a definite rotation of yards and pasture is provided for the mature flocks of hens. Each one of the owners told me that he had done this because the flock had got disease and parasites so badly as the result of a program of letting the hens run over the same ground year after year, that it was either a case of rotting soil provide clean ground, or quit. This had meant that from one to two years of poultry raising had returned a loss instead of a profit. The coming winter would be a good time to plan, and next spring a good time to execute the plan of rotation of yards combined with a definite method of providing plenty of palatable green feed. Some prefer a three-yard or four rotation, but the bulk of farm folks who know who are rotating are using two yards or runs. The location of some poultry houses in relation to other buildings sometimes makes provision of two or more yards difficult, and yet commonly it can be arranged by using lanes. Why were we so foolish as to wait till we had to provide related yards for our flocks? has been said in these words or similar ones by practically all who have gone through the experience.

A POPULAR VEGETABLE

Green broccoli, which is also called Italian, or sprouting, broccoli, is rapidly becoming one of our most popular vegetables, and many growers might find it a profitable crop to grow. It has never been over-produced, as the demand has increased than kept pace with the supply. Its commercial production in this country began less than a decade ago and so far it has been grown mostly for the big markets, where it has already become well established. One market, now consumes an average of more than 100 carloads monthly throughout the year. In many of the smaller markets it has not become well known yet. The closest relative botanically is cauliflower, which it resembles in many respects. Cultural methods are similar to those for cauliflower, but it appears to be more adaptable if the number of sections that have produced it successfully are any criterion. It sells well at any season of the year. Packages for this product have not been well standardized because of the comparative newness of the vegetable. Several styles of crates as well as the ordinary round bushel baskets are used quite successfully. However, crates are preferable, especially for bunch packs. It should be cut while the heads are still green, and before they have started to color or open. Large and compact heads are preferred.

GIVE BULLS A CHANCE

Most dairy bulls do not get a chance to be of full service to their owners. Many farmers make it a practice to dispose of their bulls when they reach the age of four or five years. They are disposed of to avoid inbreeding and, oftentimes, because bulls reaching that age are difficult to handle. It is not desirable to pamper a bull or is it necessary to waste any sentiment on him. Neither should a bull be abused or kept under such conditions as many of them are forced to endure. Poor treatment may reduce their vitality. Any bull worth using as sire in a herd is worth caring for properly. As an investment he may represent the combined value of several cows. If he is good enough to be used in the herd he is worth the best of care and should be treated accordingly, if only from the standpoint of the

PLANTING PLANS

With the present milk prices every effort must be made to feed the cows on home-grown feeds if we possibly can, buying only a high protein feed if we do not raise soy beans. Our spring planting plans, therefore, should insure the following feeds next fall or the year after: Abundance of legume hay, preferably alfalfa. Grains for grinding. Corn where it will mature, oats, peas, barley soy beans and the like. Succulent feeds. Corn for silage or crop roots, the best of which is mangel-wurzels. I am convinced the silage is our best all-round summer feed. If a dairyman has

owner's financial welfare. It is impossible for a bull to definitely prove his worth until several of his daughters have freshened and finished their lactation period. This would of necessity require that he be about five years old or more. When bulls reach this age they are often difficult to handle. There are two important items to consider in the handling of a bull so that he may give his owner his full amount of usefulness. These two things should provide for proper care to insure health and vigor and to insure absolute safety to those who are caring for the herd. Such provision can be made with a safe bull pen. This pen should be large enough to provide for ample exercise and should be so arranged that he can be fed and watered, the stall cleaned, breeding control on without any danger whatever to the attendant. Considered from a purely economic standpoint a good safe bull pen is an excellent investment on every dairy farm. It may be a cheap form of life insurance.

WATER IN SUMMER

Success with poultry has been more or less governed by the fact that the young layers of next winter's flock were kept on a range away from older birds and away from where other poultry has been for two years previous. As the range houses are moved out away from the farm buildings, the problem of supplying water becomes more or less serious. During warm weather it is especially important that particular attention be given to the water supply of young stock, for growth is severely handicapped by an insufficient water supply. A lack of water interferes with digestion and tends to limit secretions and excretions, thickens the blood, and raises the body temperature above normal. When running water is available, an easy means of handling the summer problem for young chickens on this range is to run a line of half-inch pipe out to the field which is being used. These pipes can be laid in a deep plowed furrow so as to be out of the way and also to keep the water cool. They may readily be taken up as cold weather approaches the fall. Where running water is not available or where the cost of laying pipe would be too great an item, a barrel may be so arranged on a stone boat that it may be readily filled and rapidly hauled to the spot where it is needed. An automatic valve may be attached from the barrel to the drinking pan proper and so regulated by a float that the chickens will always have a plentiful supply of water. Drinking pans, troughs or containers should stand on a small bed of gravel or be so arranged on a wire platform that puddles and mudholes may be avoided. Such precautions help in the retarding of disease and intestinal parasites.

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