SOIL FOR CABBAGES IRRIGATE IN GROWING SEASON

Cool, Moist Loam, With Abundant Supply of Nitrogen.

Vegetable Is Grown More Or Less Successfully From Semi-Tropics to Arctic Circle in Alaska-Culture by trrigation.

(By E. R. BENNETT, Colorado Agricul-tural College.)

Cabbages have been grown for home consumption since the early settlement of this country. About 1880 the potato buyers of the Greeley district found there was a considerable demand for cabbage in the southern markets and that they could be shipped satisfactorily in the same cars with potatoes. From that time the industry has gradually grown till the output is now from 500 to 1,000 cars per year.

The soil best adapted to the growth of the cabbage is a cool, moist loam. An abundant supply of available nitrogen tends to promote leaf growth at the expense of fruit or seed. As the edible portion of cabbage, lettuce, etc., is the leaf rather than the seed, an excess of this element in the soil is beneficial. For this reason the bottom land or peaty lands are generally, considered best for cabbage. Nearly any of the soils of this state, however, will grow cabbage successfully, if sufficient decaying vegetable matter and manure are added to put them in good condition and to provide the necessary fertility.

None of the horticultural products have a wider range as to climate than the cabbage. This vegetable is grown more or less successfully from the semi-tropics to the arctic circle in Alaska. When grown in the south it must be planted so as to mature before the extreme heat of summer. This is also true to a less degree in the northern states.

Much of the land used for cabbage growing is considered too valuable to rotate in the usual way. If alfafa sod is used the land may be sufficiently fertile to produce a crop without the addition of manure. In most cases, however, cabbage follow cabbage on the same soil for several years.

After the crop is taken off in the fall, the plow is run under each row, turning the old stumps and leaves of the cabbage under. This leaves the surface rough, so as to catch the snows of winter, and exposes more of the soil to the action of the frost. If manure is to be applied it is generally spread on this land during the winter. In the spring before the soil becomes too hard and dry the harrow is run over the tract lengthwise of the furrows, which smooth the surface down to its original level. Following this the ground is plowed to

a depth of from eight to twelve inches. Seed must be sown from six to seven weeks before it is desired to set the plants in the field. The time of setting early plants necessarily varies somewhat with the season. For early cabbage the first seed are sown from March 1 to 15. At least two sowings should be made to avoid danger of accidents and a possibility of the first plants becoming too large before the weather will permit setting.

Seed for early cabbage are sown either in flats in a forcing house or in hotbeds. If sown in flats, the seedlings soon begin to crowd and are pricked out of the seed flats as soon as the first leaf appears. In this operation the plants may be put into other flats one inch apart each way, or they may be put into hotbeds or cold frames. If the seed are sown in hotbeds the seedlings are not generally transplanted at all till time to set in the field. In this case the seed must be sown more sparingly or the young seedlings must be thinned so as not to crowd. Young plants either in of your cows, and feed them accordthe forcing house or hotbed are apt ingly. to be tender and are very susceptible to a disease known as "damping-off fungus." This trouble is the result of a too high temperature, not enough fresh air, or too much water. When plants are grown in the forcing house or hotbed, great care must be exercised to properly harden them off before setting in the open ground. In the forcing house this is done by keeping the temperature low and giving all the ventilation possible when the med milk calves. weather will permit. If the hotbed is used, the sash may be first partly all spring calves should be kept in removed and later taken off during pleasant weather. Properly hardened plants will endure temperatures of from ten to twenty degrees below freezing point after setting in the field. If not properly hardened off, exposure to freezing temperature often proves fatal.

For late planting the seed is usually sown in the open ground. If large merit as to look after her pedigree, fields are to be planted, two, three, or even four sowings are made. The first seeding is made about the 10th of cream must be given room for agita-April with the others following at intervals of about seven days.

Few crops are more particular about water than the cabbage. Although it sleep in a dark, damp pen, and then is a gross feeder, it will soon wilt and stop growing if the soll is dry, and on the other hand, if the land becomes water-logged the plants will turn yellow and stop growth. The frequency and number of irrigations then depends on the character of the soil and the amount of rainfall. If soils are light and gravelly, with good under drainage, the irrigations must be frequent, and there is little danger of over-watering.

Weeds rob crops of needed plant small or even before germination is complete.

By Proper Handling of Water Farmer May Draw From Lower Depths for Plant Food.

While it is true that the majority of field crops reach down into the soil two or three feet and tap the plant foods at these depths, yet the surface of the soil would still be deficient were it not for the water which brings the foods up from the lower depths and distributes them evenly among the roots. Thus by the proper handling of irrigation water we can draw from the lower depths the fertility of the soil, equally distributing it, furnishing a greater feeding ground for the plant system and consequently a stronger and better growth, writes A. McPherson in Ranch and Range, Each farmer should study his soil, know its depths and have some idea of the plant foods therein.

To be able to irrigate intelligently, a farmer should be possessed of these facts. It is necessary that he should know the depth of the soil in order that he may know how long he should irrigate or to what depth he may safely saturate his ground. If more water is forced into the soil than it has power to assimilate, damage will result. Deep soil will stand more water than shallow soil, and shallow soil requires more frequent irrigation under ordinary conditions. If I were asked how long water should run on a particular piece of ground I would first want to know the depth of the sofl and also how long it would take to force the water to the required depth. All the soil needs is just enough water to moisten its particles thoroughly. More than this quantity of water would be detrimental and damaging. To irrigate properly means to supply the needed moisture at the right time, to equally distribute the plant food by reaching down into the lower depths, dissolving the plant food there and raising it up to within reach of the plant roots.

This is accomplished by rain under certain conditions. If we could have a shower just when we needed one it would be all right, but we cannot. We have too much water or too little, as a rule-seldom if ever the right amount. By irrigation the water can be forced downward to any depth, thus increasing the area of the feeding ground for the plants. We might have a dozen good rains during the growing season, none of which would force the water downward beyond a certain depth or tap additional strata of plant food and make it available. One good irrigation would force the water far beyond the depth reached by the rains and bring upward a much larger quantity of plant food. The idea is to get as much out of the soil as possible, and the deeper the feeding ground the more plentiful the food and the better the corps.

This is why I believe that irrigation fertilizes the soil better than rainfall, for it draws the plant producing qualities from greater depths and at failure absolutely impossible. Furthermore, the upper strata of the soil in irrigated districts are not constantly being robbed of more than their share of plant producing elements, being constantly restored by the drain from

DAIRY NOTES.

Excitement or abuse lessens the flow of a cow's milk.

The last profit, though by no means the least, is in the rearing of calves. One should aerate the cream, and then keep it as cool as possible.

Butter is a good part water. If the water is poor, the butter will be poor,

Good digestion and assimilation are imperatively necessary in a good dairy

Know the production of each one

The milker must be in sympathy with his cows if he expects good results.

For fancy trade, one-pound prints wrapped in parchment paper are the most popular. The cream should be strained in

the churn to remove all possible dirt, specks and curd. It should be remembered that alfal fa hay is not the ideal hay for skim-

To make the most profitable growth

clean, roomy stalls. With the small butter producer, the greatest trouble is finding a suitable

market for his product. Scalding the churn ought always to be followed by a thorough rinsing with cold water before churning.

In buying a cow it is just as im portant to select one of individual It takes longer to churn when the churn is more than half full. The

Too many farmers feed heir calver cold milk in a dirty pail and let them wonder why they do not do well.

The first mistake a dairyman will make, when installing a hand separator, is that he will expect it to do first class work under all circumstances.

The cow is the machine. The food is the raw material. Milk, butter and cheese are the manufactured articles. The dairyman is the manufacturer.

Have plenty of windows in the dairy barn if you would keep the dairy cow in good condition and reduce the number of bacteria that get into the milk,

Practice regularity with milking the cows. Milk the same time at morning food and moisture. Kill them when and evening and as far as possible let the same person milk the same cow each time.

REKUTGHEN

E PROMPT at meals, And don't find fault;

Let wit provide

Both spice and sait;

Smile at mistakea,

And overlook

Some of the blunders Of the cook.

Hot Weather Hints.

All the energies are exercised to en

dure the heat and the enervating at-

mosphere while performing house

hold tasks during the summer. Dress

comfortably and rise early to do the

bulk of the work that has to be done

The simplest style of living com-

formable to health and comfort, should

Bread may be mixed at night and

kneaded the first thing in the morn-

ing and then baked before nine o'clock

Soups and vegetables may be cooked

and with a gasoline, gas or oil stove

fireless cooker is an invaluable aid to

may be started in the cool of the day

and put in the cooker to still cook

Avoid entirely cold meals in hot

weather, if the meal is to be cold have

a hot drink of some kind or with a hot

Care and planning will do much to

lessen the fatigue and shorten the

things that must be done, each house-

keeper being a law unto herself. For

some it is neither convenient or eco-

nomical to buy prepared food, for

those the baking and cooking must

The flour and lard or butter for

pastry may be prepared in sufficient

quantity to last for several days and

kept in the icebox to be used when

needed. It is even better than when

freshly prepared as the cold mixture

The washing, ironing and cleaning

may be done early if planned for and

the lighter work be left for the hot

Work is good for us and those who

sit around panting with the heat, do-

ing nothing but talk of the weather

and their sufferings are much more

uncomfortable than those who are

busy and have the mind well occu-

pled. This has been proved over and

over again. A busy worker has no

time for worry about the weather or

For this grave old earth has need of

Canning Hints.

fruit jar before turning in the hot

fruit and you will not have a cracked

a fork or knife down the inside of a

far filled with fruit before sealing it.

Put a silver knife in the empty

Let the air bubbles up by thrusting

After the rubber and lid are ad-

justed screw the lid down as tight

as possible, then with the back of a

down on the rubber, this will prevent

To Can Green Corn.

taken from the cob may be canned

Take nine cupfuls of corn freshly

cut from the cob, a cupful each of

sugar and water and a half cupful of

salt. Stir until the salt and sugar

is well dissolved, then can without

cooking in air-tight cans. Freshen

Old-Fashioned Home Remedles.

of cotton with oil of cloves and put in

For toothache dampen a small piece

For pain in the chest or headache

For sprains, mosquito bites and

For chronic indigestion add one-half

For sour stomach take a teaspoon-

ful of soda in a glass of water and

Green Tomato Lemon Meringue Pie.

fill two-thirds full with alternate lay-

Bunshine Cake.

three cupfuls of sugar and the well-

beaten yolks of ten eggs. Add one

cupful of milk alternately with five

with three teaspoonfuls of baking pow-

der four times. Flavor with almond

Nellie Maxwell

and bake in a broad shallow pan.

Cream one cupful of butter, add

Line a dish with good pie crust,

an ounce of lime water to a pint of

with a cold, apply camphorated oil

with rubbing, then cover with a cloth.

heat rash, apply witchhazel.

awhile before using.

a time for relief.

sip slowly before meals.

Corn that is as fresh as if just

It has sorrows enough of its own,

AUGH and the world laughs

with you; weep, and you weep alone,

other things beyond control.

hours of labor. There are

without fire or attention.

meal, serve a cold drink.

be done in the home.

makes a flakier crust.

part of the day.

each day before the heat of the day.

be the aim.



That to and fro did sway upon the walk shadow selves, our influence, may Where we can never be.

Summer Breakfasts.

To most housewives the first meal of the day is the one most difficult to prepare. Start the day right with a good breakfast, and we are at peace with the world and one's self, at least until the next meal.

Many a case of indigestion and bad temper may be followed back to a planned and worse cooked meal. Our food has much to do with our dispositions. At no season of the year is fruit more plentiful or more of a necessity than during the warm months

Blackberries, blueberries, plums, pears and apples are abundant this

reason and offer a pleasing variety. For the cereal course have at least five varieties. It will be an easy matter to have a different one for every day in summer.

If a cooked cereal is used it is

worth noting that a cereal is either made or marred by salt. Too much spoils it, too little makes it flat, and no amount of salt added will season it as if it were cooked in it. Cream is another necessity. If you cannot have cream, give up having the cereal. No matter how great the heat, hot breads are always popular. Light puffy rolls are not easy to have unless the housewife is willing to rise at a very early hour. Popovers are a choice hot bread and with a little practise easily made. The oven heat is the important thing in making popovers. Here is a good recipe for them: Take one cupful of flour and half a teaspoonful of salt. Pour over this very slowly one cupful of milk, beating well until 'smooth, then add the beaten yolk of two eggs and lastly the whites beaten to a stiff broth.

Bake in hot jem pans thirty minutes. Graham muffins and corn cake are other well-liked breakfast breads. For the substantial course there may be fresh fish or hash of the meat of the day before. Croquettes are excellent and omelets of different kinds are also good. Veal or chicken finely minced and well seasoned is delicious served on a thin slice of buttered toast and a poached egg on top. These are but a few suggestions as to what may be used for summer breakfasts.



The happiest heart that ever beat Was in some quiet breast That found the common daylight sweet, And left to heaven the rest. -John Vance Cheney.

Peach Time.

When peaches are ripe, the matter of suitable desserts becomes a very simple one for peaches are of all fruits most delicious. There are hundreds of ways in which the peach may be served either cooked or in its natural state. A dainty way to bake them is to pare them thinly and cut off a knife tap the edge of the lid firmly small piece of the top through which the pit may be removed with a spoon it from leaking. and a nutpick. This leaves the peach whole. Fill the cavity with sugar after placing in a baking dish, cover the bottom of the dish with water, cover and bake in a slow oven. When cooked in this way peaches become transparent. Serve either warm or cold with whipped cream. Many prefer to bake the peaches with the pit left in them as they give a flavor liked by many.

For old-fashioned peach tart, make a crust for a deep ple plate and bake. Fill the crust with sliced peaches and sprinkle with powdered sugar, cover with whipped cream, chill and serve. the cavity of the tooth, A dessert that is both attractive and

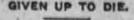
appetizing. Tapioca pudding with peaches makes a delicious dessert. Serve with

cream and sugar. A pudding liked especially by the children is made by pouring a batter i over sliced peaches and bake; serve boiled water, take a tablespoonful at hot with cream and sugar.

Baked Peaches. Another way of serving baked peaches: Peel and cut in halves six peaches, remove the stones and place in a shallow pan. Fill each cavity with a teaspoonful of sugar, one-half a teaspoonful of butter, a few drops of lemon juice, and a slight grating of

ers of green tomatoes and lemon, nutmeg. Bake 20 minutes. sprinkling each with sugar. The rind, Peach cake is a delicious dessert both white and yellow must be reand one not common. Bake an angel moved from the lemon and the seeds carefully taken out. Let the top food in two layers, use sliced sweetlayer be cf tomatoes. Bake and then ened peaches for the filling, and serve with a thick layer of whipped cream. cover with a meringue.

From six well scrubbed grate the yellow rind, pour over this a pint of water and steep an hour, then drain. To a cup of sugar add a pint of water, cook for ten minutes, add the juice of the lemons and the water in which the rind was steeped and bring to the boiling point. Put away in the ice box and use a few teaspoonfuls of the strup in a glass of water. More sugar may be added if needed.



Doan's Kidney Pills Effect Marvelous

Mrs. M. A. Jinkins, Quanab, Texas, says: "I was bloated almost twice natural size, I had the best physiclans but they all failed to help me.

For five weeks I was as helpless as a baby. My back throbbed as if it would break and the kidney secretions were in terrible condition. The doctors held out no hope and I was resigned to my

Pills and soon felt relief. I continued and was cured."

box. Foster-Milburn Co., Buffalo, N. Y.

Col. Robert C. Carter at a Nachville banquet was talking about campaign comrades.

tion of being the nastlest tongued man in the regiment. "It was Private Dash, you know, who, out foraging one evening on a

evening dress. early, salads and desserts prepared "Dash asked her for food. She refused him. He asked again, But, still the meal may be easily prepared. A refusing, she walked away,

> ing, trespassing like this; I'll give you nothing. My mind is made up." "'Made up, is it?' said Dash. 'Like the rest of you, ch?"

Taken at His Word. "Since you are so busy today," said he urbane journalist, "will you kindly tell me when and where I can meet you for an interview?"

"Go to blazes!" exclaimed the irate politician. "Thanks. I'll consider it an appoint-

No man can justify censure or contemn another, because, indeed, no man truly knows another.-Sir Thomas

Mrs. Winslow's Soothing Syrap. For children teething, softens the gums, reduces in famination allays cain, cures wind coile. Eca bottle

If you would keep your friends don't put them to a severe test.

GIVEN UP TO DIE.

time, I began using Doan's Kidney

Remember the name-Doan's, For sale by all dealers. 50 cents a

Saucy Soldler Shut Her Up.

"Then there was Dash of Company A," he said. "Dash had the reputa-

rich estate, came accidentally upon the owner's wife, a grande dame in

the busy housekeeper as the dinner

'No,' she said, 'I'll give you noth-

ment."

Browne.

Music lends expression to that for which the speech has no words .- Carmen Sylva.

When the yellow streak begins to work out of some people they have a fit of the blues.

Oftentimes the stomach needs some assistance in its great work of digestion and assimilation and an occasional dose of Hostetter's Stomach Bitters will give that assistance better than anything else you might take. Its merit has been proven thousands of times in cases of Poor Appetite, Headache, Indigestion, Dyspepsia, Costiveness and Malarial Disorders. Be persuaded to try a bottle today. Refuse substitutes.

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If you had positive proof that a certain remedy for female ills had made many remarkable cures, would you not feel like trying it?

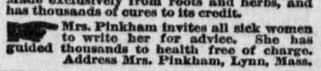
If during the last thirty years we have not succeeded in convincing every fair-minded woman that Lydia E. Pinkham's Vegetable Compound has cured thousands and thousands of women of the ills peculiar to their sex, then we long for an opportunity to do so by direct correspondence. Meanwhile read the following letters which we guarantee to be genuine and truthful.

Hudson, Ohlo.—"I suffered for a long time from a weakness, inflammation, dreadful pains each month and suppression. I had been doctoring and receiving only temporary relief, when a friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so, and wrote to you for advice. I have faithfully followed your directions and now, after taking only five bottles of the Vegetable Compound, I have every reason to believe I am a well woman. I give you full permission to use my testimonial."—Mrs. Lena Carmocino, Hudson, Ohlo. R. F. D. No. 7.

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ability of this grand old remedy, made from the roots and herbs of our fields, to cure female diseases. We possess volumes of proof of this fact, enough to convince the most skeptical.

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