

TO CONSERVE WATER

Of Present Scant Supply Large Amount Is Wasted.

People Wholly Inexperienced in Proper Methods Misuse Artificial Article With Characteristic American Extravagance.

Water has been carried to vast areas of hitherto unproductive desert lands by the expenditure of many millions of dollars by the United States government and many millions of dollars more are already planned to be spent in claiming for the husbandman empires of land now snubbed by man, says Orchard and Farm. With all this work completed and planned the field of endeavor in winning from the desert has only been fairly entered upon.

Every step forward is to be applauded, and while only the "high places" have been embraced in the work of the past and that now planned, bona fide conservation will excel much more than is contemplated.

The unfortunate fact regarding irrigated lands, wherever they are, is that people wholly inexperienced in proper methods, misuse the artificial water supply with characteristic American extravagance and prodigality, considering only the present, heedless of the future.

Of the present scant supply a large percentage is absolutely wasted, insofar as "benefitting cultivated acreage is concerned, because of the unscientific distribution and lack of engineering direction in the preparation of field laterals.

Evaporation and seepage, overflows and leakage claim more than the cultivated land receives. Over-irrigated lands soon become of as little value as those having no irrigation supply. The very selection of crops soon show complete ignorance of the value of irrigation.

Irrigation is expensive at the best, and the idea that water artificially supplied to the land is a mere substitute for the rains that fell regularly, or frequently "in good old days," often referred to by "old-timers," is a fallacy it were well to be rid of at once and all time.

To plant crops that will yield but \$10, \$15 or \$20 an acre on irrigated land is a loss of time and energy. Ten acres well and understandingly irrigated and cultivated, should produce more than 40 or even \$0 are made to at this time, and excess of water will not accomplish the purpose of the grower.

Many thousands of acres of the finest vineyards in California have been badly damaged by excessive application of water and must be again "reclaimed" by drainage. The same is true of a large section in the Salt Lake valley and in the valley below Fort Collins, Col. At Barstow, Tex., it has been found necessary to dig immense drainage canals to carry off the excess water with which he soil has been saturated, and the anomaly is presented of irrigation and drainage ditches paralleling each other, the latter to counteract the unwise and extravagant use of the former. And this, in the face of a cruel shortage of water, thousands of acres are not tilled for want of any supply whatever.

It might be well for each irrigation section to have a board of practical irrigationists who, with engineering direction should educate all users of irrigation waters in the prudent and judicious distribution.

The greatest advantage in irrigation is the having of water "on tap" to use when needed and held in reserve when not needed.

In a country where it rains but seldom and never in violent storms, weather forecasts may be ignored, but in a land where cloudbursts and semi-deluges are among the probabilities, a "double dose" should be guarded against with every possible precaution.

Having secured a water supply treat it as if it was worth money—do not throw it away. Learn how much is required to mature each crop planted and use no more, including the natural precipitation. Do not drown your lands just because you are entitled to take the water. If you do not need a windbreak, plant fruit trees along your ditches instead of shade trees. The Mormons do this with good results.

Do not flood your orchards, fruit trees do not need as much as alfalfa, and moisture encourages the presence of insect pests.

Find what your land is best adapted for and specialize those crops. Do not try to force nature against her will—you'll lose money trying.

Bone Mill Useful Utensil.
The bone mill should be kept on every farm where fowls are kept. The ground bone, of no use to most farm animals, is just the thing the fowls crave. They will use much of the nitrogen and phosphorus in it, and what they do not use will go to greatly enrich their manure.

Bone mills are not on one-half of the farms where they should be found, in spite of the fact that they are generally acknowledged as being food-savers and money-makers.

Give Hens a Free Range.
If hens are given a free range they will, from the middle of June until late in the fall, hunt their own living and save their owners many dollars besides by keeping the crops clear of the various bugs and worms which feed upon them. The less they are fed the better they will hunt.

TOO MUCH WATER INJURIOUS

Competent Judges Declare It Will Cost as Much to Get It Out as It Did to Get It In.

It has been said by competent judges, that in time it will cost as much to get water out of an irrigated section as it will to get it into it. This, of course means millions in some cases and applies to vast, nearly level irrigated parts more than to quickly drained small irrigated neighborhoods, says the Dakota Farmer. Many do not know anything about this great and even present danger until malaria or sickly dying orchards and vines break the terrible truth to them that "sub irrigation," "seepage" or whatever it may be called, is about to take away all they have. Here is where the "tenderfoot" buyer is the most apt to be taken in, and he should be even more careful in looking up his drainage and water levels than he is to see that his supply of water is inexhaustible. In California we once met a man who was excitedly happy because he had just purchased an extensive vineyard that had water so near the surface that it bore perfectly "without the expense and trouble of turning on water at all." This poor fellow did not know that only a few miles from his purchase thousands of acres of once high priced vineyard and orchard lands were then worthless; some of them being entirely out of sight in a lake, because of this same sub-irrigation of which he was boasting. In most cases when desert lands get where irrigation is no longer needed, it is but a very little way from being ruined by accumulated irrigation water.

Wide irrigators everywhere, are now careful not to saturate their soil, and the more experienced one is with irrigation, the less water as a rule he uses. Nearly all heavily bearing orchards, potato fields, vineyards, etc., in good hands are watered as nearly as possible at right times and not a particle too much regardless of the supply; and then frequent light surface tillage is resorted to, to keep the moisture and let in the air, just as carefully as the successful dry farmer does for the same purpose.

The Exhibition Swine.

It is the common practise with the farmer and breeder to attend the county, state and interstate fairs for the purpose of selecting from those on exhibition swine for breeders, and it is considered by some quite an achievement to attend one or more of the prominent exhibitions and take home to the farm the pig decorated with the blue ribbon.

True, they appear fine, but we must always bear in mind they have been pushed to their utmost capacity, and fine times out of ten have been ruined for breeding purposes, says Baltimore American. Imagine the chagrin of the credulous buyer, who, after patient effort and toil, fails to produce from them any stock that looks anything like as good as the ones at the fair.

The showyard is the place in which to buy stock for show purposes, and also to see what can be done with different individual animals when properly fitted. But it isn't the best place to buy breeders. We must remember the show pig has had the best of fare all its life, and to change its environment and expect it to reproduce show pigs is to cherish a dream that will never come true. Go to the fairs, and look over the show and study the different herds, then go to the breeder's farm and purchase your breeding stock, and success will more likely crown your efforts.

LIVE STOCK NOTES.

Heavy horses are not calculated for fast driving.

Much of the horse's growth depends on his temperament.

The early hog will fetch the most cash this fall as he usually does.

The colt should be taught to eat a mixture of oats, wheat bran and linseed meal.

The big horse gets his extra weight mainly through their muscles and larger bone.

When a horse does not eat all that is given him, it should not be allowed to sour in the box.

Pick out the best lamb in the flock to keep or else buy one of some successful breeder of sheep.

A man with a low voice and a quiet manner accomplishes the most work on a farm, and keeps his stock in the best condition.

Look out carefully for the drainage of the hog pen. Where does it go? Surely it must not find its way to the well or into a stream!

A good horse used in a common sense manner should live to an old age and be in condition to perform good work at all times.

For beef cattle, the heifer should be allowed to grow and mature till she is nearly three years of age before assuming the duties of maternity.

The increase in a flock of sheep represents almost entire profit to the man who has no rentals to pay and keeps his sheep on government lands.

If you don't want your hogs to eat up every hen that can get, give them a variety of food, so that they will not be so carnivorous in their appetite.

Sheep should be turned out on every nice day. Lambs should not be allowed to get chilled. Their frail bodies cannot withstand severely cold weather.

The average goat breeder raises them to sell, and while they may tell you all about their good points, he may forget to mention some of their weak ones.

The KITCHEN CABINET



SEASON of snows, season of flowers,
Season of loss and gain!
Since grief and joy must alike be ours,
Why do we still complain?



IN THIS existence, dry and wet,
With... make the best of men—
Some little shift of clouds'll sheet
The sun off now and then. —Riley.

Garnishings for Soups.

Usually soup garnishes are limited in number to three or four. A garnish that is both tasty and good to look at is worth consideration. Noodles are a common garnish and are generally liked. To prepare them, beat an egg slightly, add a teaspoonful of salt and flour enough to make a stiff dough; knead, toss on a floured board and roll as thinly as possible. Cover with a towel and set aside for half an hour; then cut in fancy shapes, using a French knife or a vegetable cutter. Dry for an hour, then cook 20 minutes in boiling salted water; drain and add to soup. Noodles are served as a vegetable.

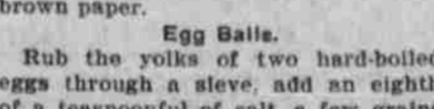
White Bait Garnish.—Roll the trimmings of puff paste, and cut in narrow strips three-fourths of an inch long and an eighth of an inch wide. Fry in deep fat until brown, then drain on brown paper. Serve passed with the soup.

Egg Custard.
Beat two eggs slightly, add two cupfuls of milk and a few grains of salt. Pour into a small buttered cup and place in a pan of hot water to cook until firm; remove from the cup, cut in fancy shapes with French vegetable cutters.

Fritter Beans.
Beat an egg until light, add two tablespoonfuls of milk, three-fourths of a teaspoonful of salt and half a cupful of flour. Put through a colander into deep fat until brown. Drain on brown paper.

Egg Balls.
Rub the yolks of two hard-boiled eggs through a sieve, add an eighth of a teaspoonful of salt, a few grains of cayenne and half a teaspoonful of melted butter; moisten with uncooked yolk of egg to make of the consistency to handle. Shape in small balls, roll in flour and saute in butter.

Royal Custard.
Beat the yolks of three eggs and one whole egg slightly, add half a cup of soup stock (consomme is the best), season with nutmeg, salt and cayenne. Put into a buttered mold, place in a pan of water and bake until firm; cool, remove from the mold and cut in fancy shapes.



WHO hides his time—he tastes the sweetest
Of honey in the saltiest tear;
And though he fares with slowest feet,
Joy runs to meet him drawing near.

Invalid Cookery.

Physicians agree that the proper preparation of food for the sick is often of more importance than medicines.

Arrange the tray as daintily as possible, cover the tray with a spotless cloth that just fits the tray. Select the choicest china, making frequent changes to avoid monotony. It is surprising what small things make or mar the happiness of an invalid.

Arrange the tray as nearly as possible as one does the table service. If two or three courses may be served to a patient, have one removed before the other is brought.

Avoid crowding the tray. Serve small quantities of food. It is better to send for more than to spoil the appetite by serving too lavishly.

All foods which are intended to be served hot, should be placed in heated dishes and kept covered until the patient is reached.

Equal care should be observed with cold dishes.

Never consult a patient in regard to his menu. He will inform you if there is anything he especially desires. The meal that is a surprise is more apt to create an appetite.

If liquid diet must be used, make it as full of variety as possible. Often milk is objectionable and it forms the chief food. Vary it by adding rennet or making the milk into koumiss or adding a sparkling water like Apollinaris.

Barley and rice water are used to reduce a laxative condition. Toast water is used in extreme cases of nausea.

Clam water may often be retained when the stomach refuses to retain other food.

Oatmeal water may be drunk on the hottest days when tea water would be dangerous.

Fruit waters are refreshing, cooling and stimulating and they are also valuable in acids and salts.

Beef tea, if made from the fresh beef, is more of a stimulant than a nutrient. Beef essence is another food both stimulating and nutritive.

Koumiss is prepared by warming a quart of milk to blood heat, add one and a half tablespoonfuls of sugar, a third of a yeast cake dissolved in a tablespoonful of lukewarm water. Fill bottles within two inches of the top, tie down the corks and invert. Let stand over night at a temperature of 80 degrees. Chill, and in another day it is ready to serve.

Candies.

The following are a few choice candy recipes that may be made at home; if the directions are carefully followed the results will be most satisfactory:

Buttercups.—Boil two cups of molasses, a cup of sugar, a half cup of boiling water, two tablespoonfuls of butter, a third of a teaspoonful of cream of tartar, all together until a firm ball may be made when tried in cold water. Flavor with vanilla and pour on a buttered platter and pull when cool enough. Shape on a lightly-floured board in a long strip wide enough to inclose a roll of fondant an inch in diameter. Place the fondant on the candy and bring the edges together and press firmly over the fondant. With both hands pull the candy in a long strip. Cut in small pieces with shears or a sharp knife. If the candy is boiled too long it will be too brittle to handle.

The recipe for fondant is prepared by boiling together two cups of sugar, a half cup of water and a tablespoonful of glucose to keep the sugar from graining, or a half teaspoonful of cream of tartar may be used instead of the glucose. Boil until a soft ball is formed when rolled in the fingers. Flavor with vanilla, when stirring, after it is cold enough to bear the finger. This is the foundation for all the French candies and bonbons.

Peanut Candy.—This is a delicious candy when carefully made. Shell a quart of peanuts and roll with a rolling pin until well crushed. To a pound of light brown sugar add six ounces of butter, boil, stirring constantly, ten minutes. Add the nuts and pour onto a buttered pan. Mark in squares when cool enough.

Butter Scotch.—Boil together a cup of sugar, one-fourth of a cup of molasses, a tablespoonful of vinegar, two tablespoonfuls of boiling water and a half cup of butter. Boil until it becomes brittle when tried in cold water. Turn into a buttered pan. When cool mark it in squares with a pointed knife. A flavoring of vanilla may be added if liked, just as it is taken from the fire.

Peanut Brittle.—This is one of the simplest of candies to make, but care must be taken that it does not burn. Put a pound of granulated sugar in a smooth sauce pan and put over the fire; stir until the sugar is melted and a golden brown; add a pound of shelled peanuts and pour into a buttered pan.

Who Hide His Time—He Tastes the Sweetest
Of honey in the saltiest tear;
And though he fares with slowest feet,
Joy runs to meet him drawing near.

Who Believe? That health is the duty and business of the individual; illness of the physician.

Buttermilk as Food.
Buttermilk is prized as a food and a medicine. As all the properties of skim milk are still in the milk, the casein and mineral matter, which are the valuable part of the milk are still there. The lactic acid in the buttermilk attacks and dissolves the earthy deposits in the veins and arteries, so that there is no clogging. It is the calcareous deposits in the veins and joints which cause decay of the powers, hardening of the arteries and stiffening of the joints. Buttermilk, if freely drunk, postpones the infirmities of age ten and twenty years. It is a stimulation to the liver, skin and kidneys. It tones the stomach and is changed into good rich red blood.

When feeling a touch of rheumatism drink buttermilk freely. Buttermilk should be freshly churned to be wholesome.

Our grandmothers used to make bread with buttermilk which was wholesome and of fine flavor. For a quick bread, the following is a good recipe:

Buttermilk Bread.—Take two cupfuls of flour, half a teaspoonful of salt, a teaspoonful of cream of tartar and half a teaspoonful of soda. Sift well and add a cupful of buttermilk. Make into a loaf, score it across and bake three-quarters of an hour in a moderate oven.

Mulled Buttermilk.—Take a quart of buttermilk, one and a half tablespoonfuls of flour, one beaten egg, three tablespoonfuls of sugar, a little grated nutmeg and two slices of bread. Moisten the flour with a little buttermilk, beat the remainder but do not boil; add the sugar and egg to the buttermilk, and after cooking the flour until thick, add to the mixture. Season and pour over the bread crumbs.

Corn Muffins.—Put two cupfuls of cornmeal into a bowl add a cup of flour, half a cup of sugar, two tablespoonfuls of melted butter, a beaten egg. Add a teaspoonful of soda to two cups of buttermilk and half a teaspoonful of salt. Beat well and bake in buttered muffin pans.

What did you do about that man who was standing on the curbstone calling you names? asked Mrs. Miami Brown.

"I th'owed a lump o' coal at 'im," replied Mr. Erastus Pinkley.
"What did he do?"
"He stayed right dar, hopin' I'd make it a bucketful."

Desperate Situation.
"There's no use trying to deny it," remarked Mrs. DeFlatt, "this is the worst cook we've had yet. There positively isn't a decent thing to eat on the table."
"That's right," rejoined DeFlatt.
"But," continued his wife, "there's one thing in her favor. She can't be beat when it comes to washing."
"Pity we can't eat the washing," sighed the hungry husband.

Rheumatism, Neuralgia and Sore Throat will not live under the same roof with Hamlin's Wizard Oil, the best of all remedies for the relief of all pain.

There is not a vice which more effectually contracts and deadens the feelings than the desire of accumulating possessions.—Mant.

A quarrel merely proves that one of the parties to it hasn't any more sense than the other.

Nellie Maxwell.

THE HIGH COST OF LIVING REDUCED

Much has been said about the high cost of living, its causes, and the possibilities of its reduction. But little has been said about the most easily leaky of the false economy existing today in nearly every household.

Much foodstuffs are bought with but one point in view: "How cheap can I get it" without a thought of quality or after cost." One of the most serious is baking powder.

By the use of perfect baking powder the homewife can derive as much economy as from any other article used in baking and cooking. In selecting the baking powder, therefore, care should be exercised to purchase one that retains its original strength and always remains the same, thus making the food sweet and wholesome, and producing sufficient leavening gas to make the baking light.

Very little of this leavening gas is produced by the cheap baking powder, making it necessary to use double the quantity ordinarily required to secure good results.

You cannot experiment every time you make a cake or biscuits, or test the strength of your baking powder to find out how much of it you should use; yet with most baking powders you should do this for they are put together so carelessly they are never uniform in the quality and strength varying with each can purchased.

Calumet Baking Powder is made of chemically pure ingredients of tested strength. Experienced chemists put it up. The proportions of the different materials remain always the same. Sealed in air-tight cans, Calumet Baking Powder does not alter in strength and is not affected by atmospheric changes.

In using Calumet you are bound to have uniform bread, cake or biscuits, as Calumet does not contain any cheap, useless or adulterating ingredients as commonly used to increase the weight. Further, it produces pure, wholesome food, and is a baking powder of rare merit; therefore, is recommended by leading physicians and chemists. It compares with all pure food laws, both STATE and NATIONAL. The goods are moderate in price, and any lady purchasing Calumet from her grocer, if not satisfied with it, can return it and have her money refunded.

AS REPRESENTED.



Patient.—Look here, doctor; you said if I took a bottle of your tonic I would have a remarkable appetite. Why, I only eat one soda cracker each week.

Doctor.—Well, don't you call that a remarkable appetite?

END STOMACH TROUBLE NOW

Dyspepsia, Gas, Sourness or Indigestion Go Five Minutes After Taking a Little Diapepsin.

If your meals don't fit comfortably, or you feel bloated after eating, and you believe it is the food which fills you; if what little you eat lies like lead on your stomach; if there is difficulty in breathing, eructations of sour, undigested food and acid, heartburn, brass or a belching of gas, you can make up your mind that you need something to stop food fermentation and cure indigestion.

A large case of Pape's Diapepsin costs only fifty cents at any drug store here in town, and will convince any stomach sufferer five minutes after taking a single dose that Fermentation and Sour Stomach is causing the misery of indigestion.

No matter if you call your trouble Catarrh of the Stomach, Dyspepsia, Nervousness or Gastritis, or by any other name—always remember that a certain cure is waiting at your drug store the moment you decide to begin its use.

Pape's Diapepsin will regulate any out-of-order Stomach within five minutes, and digest promptly, without any fuss or discomfort, all of any kind of food you eat.

These large 50-cent cases contain more than sufficient to thoroughly cure any chronic case of Dyspepsia, Indigestion, Gastritis or any other Stomach trouble.

Should you at this moment be suffering from indigestion, Gas, Sourness or any stomach disorder, you can surely get relief within five minutes.

Getting a Supply.
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