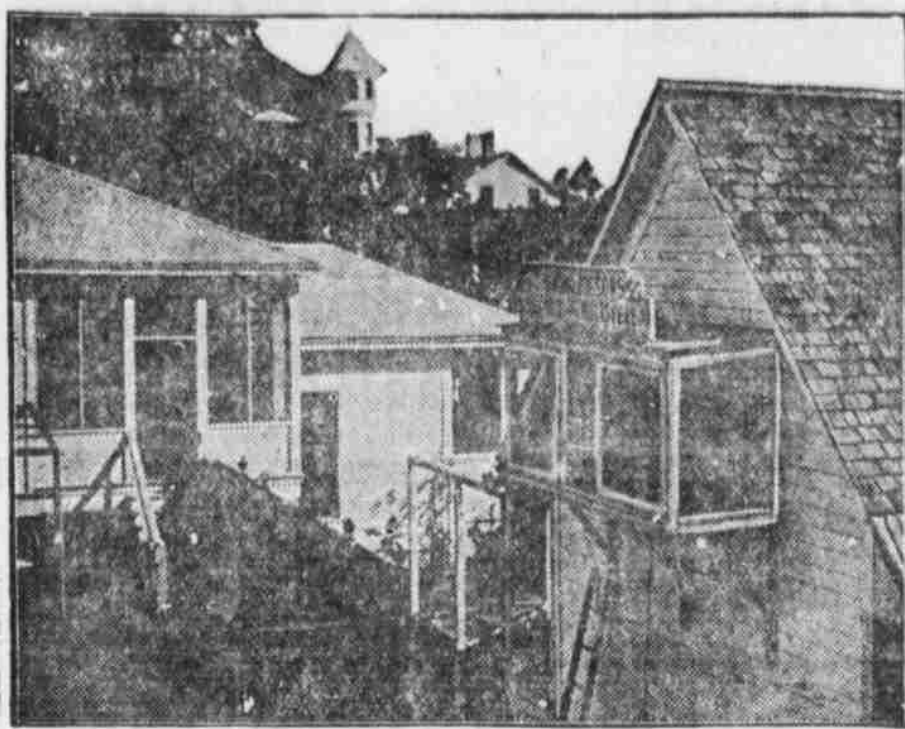


## Helping the Meat and Milk Supply

(Special Information Service, U. S. Department of Agriculture.)

### SQUABS—ANOTHER WAY TO QUICK MEAT



Backyard Lofts Make Pigeon-Raising Town Man's Opportunity.

## RAISING SQUABS IS ON INCREASE

Choice Meat Can Be Obtained From a Back-Yard Loft.

FLESH IN FOUR WEEKS' TIME

Space of Six Feet Square Will Accommodate Eight or Ten Pairs of Pigeons—Ideal Arrangement Is on the Ground.

### TO RETAIL SKIM MILK—A SUGGESTION FOR YOUR TOWN?

Stations for the sale of skim milk are soon to be established in Hartford, Conn., as part of the work outlined by the urban home demonstration agent employed by the state agricultural college, co-operating with the department of agriculture. The direct object of these stations will be to supply a cheap and nourishing food and to demonstrate the value of skim milk as a tissue-building food.

For food purposes pigeons are usually classed with poultry. Culturally they are in a class by themselves, producing meat only, producing it very quickly and under conditions that do not admit of growing any other creature used for food.

While the ideal arrangement for pigeons is to have their house on the ground, and a small covered yard—called a "fly"—connected with it, pigeon keeping may be carried on extensively in upper rooms, or lofts, with or without an open-air fly. Many flocks of pigeons are kept in large cities in quarters provided for them in the lofts or on the roofs of buildings used for mercantile and manufacturing purposes.

A space six feet square, and high enough for the attendant to stand erect, will accommodate eight to ten pairs of pigeons for squab breeding. The birds mate and begin breeding when six to seven months old. Two eggs are laid by the hen. Then the male shares with her the duty of incubation. The young hatch in about 17 days. At four weeks old average good squabs will weigh about three-quarters of a pound each. Some of the larger ones will weigh over a pound at that age.

A good pair of breeders will produce six or seven more pairs of squabs a year. As many as 11 pairs of squabs have been produced by one pair in a year. When production is high the female lays and begins incubation while she has young still in the nest, leaving the care of them to her mate.

Raising squabs has greatly increased in cities in recent years. On farms

### GET GOOD PIGEON STOCK; HOMER A POPULAR VARIETY.

Good breeding stock is necessary to succeed in pigeon-raising. It is advisable to buy pigeons from reliable breeders—those who guarantee their stock. Many failures in squab-raising have been due to poor stock—old pigeons past their period of usefulness, or perhaps too many male birds. There are a great many varieties of pigeons, but only a few are used in squab-raising. The Homer is generally considered the most popular variety. The United States department of agriculture has a publication on squab-raising, *Farmers' Bulletin 684*, which will aid the beginner.

the tendency has been the other way. On a farm a flock of free pigeons, if not kept down by killing off the increase, soon becomes a nuisance, destroying grain and doing a great deal of damage, especially on new-seeded ground.

The remedy for this is to keep the pigeons under control and use the young birds, except the few needed to keep up the flock, as fast as ready for the table. By establishing the flock of pigeons in an accessible place, giving them a little feed occasionally in their loft, and keeping them shut in and feeding them when they could damage new-seeded ground, a farm flock of pigeons can be made to contribute substantially to the meat supply, and still be prevented from doing any serious damage.

The fact that rabbits are a cheap substitute for the ordinary meats is likely to turn the attention of many more persons to rearing them, specialists of the United States department of agriculture believe. They can be kept in small and inexpensive pens and buildings and, like poultry, can be killed and prepared for the table on short notice.

### WHY NOT SKIM MILK ROUTES?

To make use of a valuable food which has been very much neglected, the federal dairy division is urging dealers to consider seriously the advisability of putting out skim milk on their regular milk routes. Consumers can help the movement by asking for this product.

In the past many dealers have been opposed to the sale of skim milk on the routes, fearing that it would curtail the consumption of whole milk. It is believed, however, that many people, if they had an opportunity, would use skim milk for cooking and drinking in addition to their customary quantity of whole milk. Skim milk sold in this way should be pasteurized and handled as carefully as market milk. It should also be labeled conspicuously to comply with local requirements, so that the consumer may be fully informed as to its true character.

Skim milk contains all the food elements of whole milk except the fat. It has a little more protein than whole milk, but because of the deficiency in fat, does not supply so much energy. When 4 per cent whole milk—an average butterfat content of market milk—sells at 12 cents a quart, skim milk is worth 12.4 cents a quart as a source of protein. In energy value, skim milk is worth 6.3 cents a quart when 4 per cent whole milk is selling for 12 cents.

### Stop the Farm Leaks.

Every one knows what happens when water is put into a barrel that has stood empty in the sun for a while. The water leaks out between the staves. Many manufacturers hire men to study out ways of stopping such leaks in their business. It is said that a well-known automobile company offers a small fortune to any man who can save a few cents in the cost of building prominent parts of an auto. Just so in farming. The most successful farmer is the one who has the best organized business, which is best adapted to conditions, and has the fewest "leaks." Every dairy farmer knows the Babcock test shows how much butter fat is in a cow's milk.

Much of the excellence of the rabbit as food depends upon the cooking. As often prepared, it is dry and insipid, while in the hands of an experienced cook it becomes all that a fastidious taste can wish—wholly as palatable as the finest poultry. A special requirement in cooking is that none of the natural juices in the meat be lost in the process.

The decrease in the number of beef cattle in the United States, with the resulting high prices which have prevailed during recent years, has caused greater interest to be taken in this industry, and many men who have never raised beef cattle in the past are taking up this line of work.

## IN THE LIMELIGHT

### WILL ASSIST SECRETARY BAKER

When it became necessary to confer with Secretary of War Baker, Maj. Benedict Crowell was obliged to put on his overcoat and cap and step across the street in Washington to the state, war and navy building. But now he has taken his typewriter from the Mills building to the office of assistant secretary of war.

President Wilson has appointed Major Crowell to help the secretary of war as assistant secretary with some of the difficulties and intricate problems connected with carrying on and winning the war. Major Crowell is an engineer by profession and first showed his merit by his expert advice to the general munitions board, especially concerning steel production immediately after the formation of the national council of defense in Washington. It was in the engineer corps that he was given his commission, and later he was placed in charge of the Washington office of the Panama canal. Major Crowell is a man thoroughly trained in the technical matters pertaining to the munitions situation, and as he, too, came from Cleveland, O., it is believed that the secretary and his assistant will work in closest harmony.



### SPRECKELS, THE SUGAR MAN



Claus A. Spreckels, president of the Federal Sugar Refining Company, who, in the recent investigation into the sugar and coal shortage made startling accusations against the government's food administration, and who in turn was accused by Mr. Hoover as being a foe to the food rule, is one of the best-known sugar men in the country. He was born in San Francisco in 1858, of German ancestry. His father, known as the "Sugar King," had established the California Sugar Refinery in San Francisco, and it was here, where he went to work at seventeen, that the young Spreckels had his opportunity to study all phases of the sugar business. In 1892, after he had served as secretary of all the Spreckels companies, he was transferred to Philadelphia as vice president and general manager of the Spreckels Sugar Refining Company, which had been established two years previously in order to compete with the trust in the Eastern market. In 1895 the plant was sold to the American Sugar Refining Company at a large profit. Mr. Spreckels then decided to retire from business, and, severing all connections with the family companies, he departed for a year's travel in Europe. The next year, however, found him in Hawaii, in charge of the enormous sugar plantations of the Hawaii Commercial and Sugar Company. Five years later he again retired from business and traveled in Europe for three years. Back in New York again, he soon became active as an organizer of the Federal Sugar Refining Company, which was capitalized at \$10,000,000. He became its first president, and has held that office ever since.

### WON FAME AS STATESMAN

One of the most picturesque figures in the senate is that of Senator Knute Nelson, whose decision to retire from the senate has met with instant protest on the part of his friends. But inasmuch as he has the reputation of being "the hardest-headed individual in the senate" it is not thought likely that, even President Wilson's letter urging him to return will induce any change of mind. He has been Minnesota's senator for four successive terms, since 1895.

Born in Voss, Norway, in 1843, descended, as he says himself, from a long line of Norwegian pirates, Knute Nelson came to the United States with his mother when six years old, and they made their first American home in Chicago. Knute helped his mother by selling papers in the streets. Later they moved to Wisconsin, and for three years he attended the academy at Albion. In the Civil war he entered the Fourth Wisconsin Volunteer Infantry, serving three years. He studied law after the war, and was admitted to the bar in 1867. He was elected to the house of representatives in 1883, after having served terms in the legislatures of both Minnesota and Wisconsin. After six years in the lower house of congress he tired and resumed his law practice. He was elected governor of Minnesota in 1892 and was re-elected two years later, but resigned in 1895 to become United States senator.

Senator Nelson is described as "short of stature, big boned, well set up."

### IS HONORED BY SCIENTISTS



Theodore William Richards, president of the American Association for the Advancement of Science, was born in Germantown, Pa., on January 31, 1868, and is the son of William T. Richards, a famous American painter of marine and landscape, and Anna Matlack Richards, well known for her political writings.

Scientific societies at home and abroad have honored him with elections. In the United States he is a member of the American Academy of Arts and Sciences (1891), the American Philosophical Society (1903) and since 1899 of the National Academy of Sciences. In 1914 he served the American Chemical Society as its president, also he is an honorary member of the Chemists club of New York city. Among his honors abroad are foreign membership in the London Chemical Society (1908) and honorary or corresponding membership in the Royal Institute of Great Britain (1906), the Royal Academy of Sciences (1907), and the Royal Berlin Academy of Sciences (1909). His membership in the American association is of comparatively recent date; for he joined it only at its Boston meeting in 1898, and a year later was made a fellow. At the New York meeting last year his eminence in the domain of chemistry easily made him a worthy candidate for recognition and the association gladly conferred on him the greatest honor in its gift.—From the Scientific American.

## The Housewife and the War

(Special Information Service, U. S. Department of Agriculture.)

### SAVING THE FATS FOR FOOD



This Farm Method of Saving Fats From Rinds, Bones, and Scraps Can Be Used on a Small Scale on Any Kitchen Stove.

## GREAT VALUE OF SUET IN COOKING

Most Housewives Know That It Is Excellent Shortening.

IT HAS SOME MEAT TISSUE

Possesses Same Food Value as Lard, and if Properly Tried Out, It Is Satisfactory Substitute for Frying Purposes.

Special pains should always be taken to save and use suet because of its great value in cookery. Most housewives know that rendered suet is a very good shortening and very commonly they also have special dishes in which the chopped suet is used instead of a rendered fat. In addition to the fat it contains, chopped suet has some meat tissue. Rendered suet possesses the same food value as lard or other similar shortening, and if properly tried out it is a satisfactory substitute for frying purposes, for shortening, and for making savory fats. Anyone who regards suet as useful only in making soap is wrong for it is a valuable food. Its use for soap making should be considered only when the fat has become too rancid for use or when it has been burned when used for frying.

### Trying Out Suet.

Those who do not know how to render and use suet sometimes object to it on the ground of its hardness and special flavor. Fresh suet, however, can be so rendered as to make a soft useful fat practically free from any distinctive flavor or odor. The following is a simple method for trying out suet:

Remove the skin and lean parts from beef fat and cut it into small pieces. Put it into a saucepan and cover it with cold water. Place it on the stove uncovered, as it is believed that steam carries away strong flavors. When the water is nearly all evaporated set the kettle back and let the fat try out. When the fat has ceased bubbling and the scraps of skin are shriveled, allow the scraps to settle at the bottom of the kettle, strain the fat through a cloth, and set it away to cool.

This fat is so valuable in cooking that housewives will do well to save all suet which is trimmed from beef and try it out.

### Suet and Leaf Lard.

For those who want a mixture of suet and leaf lard, which is a softer fat than rendered suet and has a different flavor, the following recipe will be useful:

Take two parts of suet and one of leaf lard, finely ground, and mix together. Render this with whole milk in the proportion of one-half pint to two pounds of the mixed suet and lard. (Render means to melt down or to clarify by melting.) This may be conveniently done if the suet and lard mixture be finely divided by passing it through a meat grinder and then heated in a double boiler, when the fat will be quickly released from the tissues, and when strained and allowed to cool will form a cake on the surface of the liquid which may be easily removed.

This fat has a good odor, color and texture, and is softer than the suet alone. It is particularly useful for frying and for shortening foods which

are spiced or have distinctive flavors, and may be also used with satisfactory results in shortening such things as baking-powder biscuits. It is also useful for cooking vegetables either alone or with the addition of a little butter.

The unpopularity of fried food in many families is due largely to the fact that the fat has been burned in cooking. Fat when heated to too high a temperature splits up and may form substances which have an irritating effect on the throat and may cause digestive disturbances. Fat in itself is a very valuable food, and if it is not scorched should prove a healthful rather than an objectionable article of diet.

### Destroy Home Pests.

Clean up the cabbage patch! Don't raise a crop of insect pests on the stalks. That is what is likely to happen if stalks of cabbage or cauliflower, collards, brussels sprouts, and such vegetables are left in the garden after they have fulfilled their food mission. Entomologists of the United States department of agriculture advise that where such remnants of the garden can be promptly fed to hogs or cattle a double purpose will be served—insect pests will be kept down and a food provided for meat-making animals.

The plants just named are affected by the same class of insects of which there are several distinct kinds—cabbage worms, the cabbage looper, harlequin cabbage bug, cabbage aphids, and other plant lice and cutworms—any one of which, if it occurs in sufficiently large numbers, is capable of destroying an entire crop. After the cabbage has been cut the stalks are likely to bear numerous shoots which harbor the insects in autumn and even during early winter. Cabbage heads which have not properly matured either because of insect ravages or for other reasons also may provide a place of refuge for bugs. All such crop remnants which cannot be used for feed, and weeds or other rubbish, should be destroyed now by burning.

If the gardener is familiar with the use of arsenicals some stalks may be left growing to serve as traps for insects, the specialists say. The pests which gather on such traps can be readily destroyed by dusting the plants with dry paris green or arsenate of lead diluted with about 20 parts of finely sifted lime or road dust.

### Foods Rich in Iron.

Compared with most other foods, milk contains much lime, but very little iron. Spinach and other green vegetables, and egg yolks are rich in iron. This is one reason why combinations of egg yolks or vegetables with milk are good, particularly for feeding children, for they have special need for lime and iron.

### Plan Meals Carefully.

Do not be ashamed to plan meals closely. Provide enough, of course, but practice thrift and plan economical dishes, and use the "left-overs" for making palatable dishes—there are many such.

One reason there is such a waste of food in this country is because we habitually set before ourselves more than we can eat. Plan the meals carefully and eliminate waste from this cause.

### Proportions for Decorating.

In furnishing a room two-thirds of background to one-third of decorative value are the right proportions.