Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)

YOUR DAIRY OPEN TO INSPECTION, OR CRITICISM.





wetting the hands with milk is a filthy

one and in the winter is likely to

cause the teats to chap. Milking

with no violent jerking of the teats.

After each cow's milk is drawn it

should be removed immediately to the

The milker should remember always

that he is handling a human food

which is very easily contaminated.

Soap, clean water, and towels must

be readily accessible and the hands

should be washed after milking each

first-class dairy farms. The use of a

clean milking stool will do much to

Poison Stock's Fly Enemies.

casses of large animals which cannot

be promptly burned or buried, large

numbers of files which are capable of

serious injury to ment-producing ani-

mals can be killed. Dead carcasses

should be partly skinned, the flesh

slashed, and a solution of one pound

of white arsenic boiled in five gallons

of water should be applied freely.

After a few days the carcass may be

turned over and the other side treated

similarly. After it has thus served as

a poisoner, the carcass should be

GIVE PIG PLACE IN THE SUN. &

Remember this in making your

piggery ready for the spring

war litters: A little pig loves

sunshine and needs it almost as

much as he needs food. No

piggery is fit for the purpose un-

less it admits direct sunshine

onto the floor of every pen at

the time the pigs are farrowed,

furnishes plenty of fresh air

and provides exercise in the

open air. Dryness, sunshine,

warmth, fresh alz, freedom

from drafts and exercise are of

primary importance in raising

pigs. These secured, the job is

half done. In putting up build-

ings the six requirements just

mentioned must be kept con-

stantly in mind. Not one can

..........

Ideal Site for Dairy.

should be on high ground with good

natural drainage. Poultry houses, hog

sheds, manure piles or surroundings

which pollute the stable air and fur-

nish breeding places for flies should

not be near the cow stable. The silo

may be connected with the stable by a

feed room, but it should be shut off by

a tight door. This is convenient and

also prevents silage odors in the sta-

ble except at feeding time. After the

silage has been fed, the stable can be

thoroughly aired before the next milk-

An ideal site for a barnyard is a

south slope which drains away from

the stable. If the barnyard is inclined

to be muddy, it should be improved

by drainage and by the use of cinders

or gravel. A clean yard is a great help in keeping the cows from becom-

Pure Air for Pure Milk.

system of ventilation to keep the nir

fresh and pure and the cows com-

fortable without exposing them to in-

jurious drafts. Bad odors in the

stable indicate that the ventilation is

deficient. At least 500 cubic feet of

air space should be provided for each

cow. Farmers who desire to provide

obtain information on this point by

applying to the dairy division of the

Loss From Lightning.

By far the greater part of an annual

oss in the United States of \$8,000,000

from lightning is in the rura! dis-

tricts, points out a farm fire preven-

tion bulletin of the United States de-

Every cow stable should have a

ing dirty with mud and manure.

Whenever possible the cow stable

be neglected.

ing period.

burned or buried.

By poisoning with arsenic the car-

prevent soiling the hands.

The Way to Get Clean Milk: Clean Milkers, Clean Cows, Clean Barn, Small-Top Pail.

milk house.

CLEAN MILK IS only with dry hands. The practice of MOST DESIRABLE should be done quickly and thoroughly

Methods of Milking Should Stand Eye Test of Customers.

KEEP OUT HARMFUL BACTERIA cow; this is commonly done on many

Ordinary Common-Sense Rules of Cleanliness Will Do Much to Prevent Contamination - Clean Stable Before Milking.

Suppose, Mr. Dairyman, your customers should step into your dairy barn unannounced at milking timewould you be likely to lose some of them as a result of things they saw? Would they see cleanly dressed milkers in a clean barn, milking from clean cows into clean pails? Or would they see another picture which need not be drawn but which is all too common, even in these days of Improved dairy methods-a picture whose reflection is the layer of sediment which the consumer will see if he holds up a bottle of milk from such a dairy and looks at the bottom of it?

Keep Out the Germs.

Ordinary common-sense rules of cleanliness at milking time will do much to prevent contamination of milk by the easiest ways. Unless considerable care is taken, large numbers of bacteria may find their way Into the milk during the process of milking. Cows should be milked in clean, well-lighted stables. By taking great pains it may be possible to produce good milk in a dark or dirty stable, but it is extremely improbable that the average dairyman will obtain a desirable product under such conditions.

Grooming and feeding the cows, as well as cleaning the stable and removing the manure, should not be done just before milking, as these operations fill the air with odors, dust, and pacteria which may contaminate the

After grooming and before milking, the udders, flanks and beliles of the cows should be carefully wiped with a damp cloth to remove any dust or loose hairs which might fall into the pail. In some dairies where milk containing an exceptionally small number of bacteria is produced, the cows' udders are washed twice in clean water and then wiped with a clean cloth. Only those persons who are free from **&&&&**&&&&&&&&

SMALL-TOP MILK PAILS KEEP OUT HARMFUL GERMS.

In modern dairies where clean milk is produced the small-top milk pail is a necessity, as it presents only a small opening * into which dust and dirt may fall from the air or from the cow's body. It has been found by experience that the use of a pall of this kind greatly reduces the number of bacteria in milk from dairies where it is used, Many types of milk pails are for sale, but any tinner by the addition of a hood can convert any erdinary pall into a small-top

80--00-0000000000000000000000 communicable disease should be allowed to handle or even enter the proper ventilation In cow stables can stable or dairy house.

Clean Clothes for Milker. After the cows are prepared for United States department of agriculmilking, each milker should thorough- ture, ly wash his hands and put on clean

overalls and a jumper or wear a suit preferably white, which is used for no other purpose. The suit must be kept clean and occasionally sterilized with steam or hot water. Sanitary smalltop milk pails should be used.

Milkers should be allowed to milk partment of agriculture.

Halts Pending Legislation Which Checked Flow of Grain to Market

> Washington, Feb. 26 .- A price of \$2.20 a bushel—the same as for last year's crop-was fixed by President Wilson for the coming season's wheat yield. The price is for No. 1 northern spring wheat at Chicago, with a scale of differentials for other markets.

WHEAT PRICE FIXED

PRESIDENT SETS \$2.20 A BUSHEL FOR NEXT SEASON'S CROP.

WILL STIMULATE PLANTING

Relies on Farmers' Loyalty.

In fixing a price now for the new crop, which will not be harvested until June, the president was believed to have had two objects in view. The first was to halt legislation pending in congress to fix prices at from \$2.25 to \$3, and the other was to stimulate spring planting.

The introduction of the price raising bills had begun to check the flow of wheat to market and food administration officials feared that mills soon would have to close down, Hoping the legislation would pass, farmers, it is declared, have been refusing to sell at the present price of \$2.20.

In enacting the food law, congress put a guaranteed price of \$2 on next senson's crop and this has been construed as a minimum price. To draw wheat to market the president fixed a price of \$2.20 on last season's yield and it had this effect until the price raising bills were introduced. Then the flow began to stop.

Food administration officials have declared that if the bill passed the government would be forced to raise present prices to the new levels and that to do so would upset the food administration's flour and bread pro-

On the basis of No. 1 northern spring wheat and its equivalents the price at Omaha will be \$2.15; at Kansas City, \$2.15, and a variation of from \$2 to \$2.28 a bushel at other important markets of the country.

President Wilson counted, he said, "on the loyalty with which farmers will accept the present decision," and to aid them in their work he expressed hope that "local draft exemption boards will make the new classifications with a view to lightening the load upon the farmers to the utmost extent."

The price fixed, the president said, "assures a reasonable profit, even if the war would end within the year and the large stores of grain in sections of the world now cut off from transportation should again come into competition."

Had Goods On Goldman.

Washington, Feb. 26.-Letters indicating that Alexander Berkman and Emma Goldman were co-operating with Har Dayal, the German spy and Indian revolution propagandist, before they were sent to prison for violating the draft law, were made public by Attorney-General Gregory, in answer to radical protests against the imprisonment of the anarchist leaders. There were two letters, dated October 20, October 26, 1915, and both urged Berkman to send over to Holland comrades to help in the movement for a revolution in India.

Russ Accept German Yoke.

London, Feb. 26.—The bolshevik government of Russia has acceded to the demands of Germany and an nounced its readiness to accept the hard peace terms which Germany has laid down, according to dispatches from Petrograd. The reports state that Russia is immediately to send a delegation to Brest-Litovsk, there to discuss with German representatives the finel details of the peace and sign the compact.

Army Officer Gets Long Prison Term. New York, Feb. 26.—Captain David A. Henkes, 16th infantry, U. S. A., has been sentenced to dismissal from the service and confinement at hard labor for 25 years, by a general courtmartial held at Governor's Island. Henkes, who is German descent, codeavored to resign his commission, saying he did not care to fight against relatives and friends.

Liner Wrecked in Blizzard.

St. Johns. N. F., Feb. 26.-The crack Red Cross liner Florizel, from St. Johns for New York, by way of Hallfax. with 140 persons aboard, including seventy-eight passengers, was piled up on the ledges near Cape Race during a blizzard Sunday, and It is believed that all on board were

Extend Priority to Farm Supplies

St. Paul, Feb. 26.-Farmers of the northwest and middle west received special consideration by the government when the grain priority order was modified so that farm implements, incubators, egg cases and egg fillers may be shipped.

The 11 states in which such shipments may now be made are Minnesota, Iowa, North and South Dakota, Montana, Oklahoma, Missouri, Nebraska, Illinois, Wisconsin and Kansas,

THE SIBERIAN TIGER.

"From far up north in another land did I come," said the Siberian Tiger. "And I came with you," said Mrs. Siberian Tiger from her cage next

"I came, too," said Master Siberier

Now, Mr. Tiger was always called plain Tiger, and he liked that better than any other name. It seemed strong and simple to him. These fancy names should be given only to creatures who were delicate and fragile, he thought.

"The reason I am so big," said Tiger, "is because I have fived in such a cold climate. And how I have loved it.

"Tigers who are born down here in the zoo don't know what it is like to be the tiger of the biggest size and kind

"The cold weather makes us grow, They think it's winter here, but goodness! They don't know what winter

Mr. Tiger looked far out beyond his cage. A few people were watching him, but not many, for it-was very cold. They could not bear staying outside. They wanted to look at the animals who were indoors.

Tiger gazed far over the heads of the people who did watch him. He didn't care for them at all! He knew of a land they had never been to, he was sure of that. And he knew of great and wild adventures such as would have made their blood run cold.

Oh, how much he knew of another life, far, far away from the zoo and its cages and its keepers and its children who watched a fellow as though he were peculiar, when he simply was very fine and noble.

"They say," continued Tiger to Mrs. Tiger and Master Tiger, who were in cages on either side of him, "that there are no tigers who grow to the size that we do. Look now at my coat of thick, shaggy hair. Isn't it beautiful? That's what a real winter has done for me, several real winters.

"They look at me, these people, and they shiver as they say to themselves, 'How can those tigers live out in their yards?"
"And they ask the keeper if we

won't freeze to death.

"The keeper has more sense than most people. He knows that we want to be out of doors all the time. That is why our cages are out-of-door cages. He has heard something of our life where we came from. And he tries to give us the same as nearly as

"He would never put us inside, would he?" asked Master Tiger. "Would he have the impudence and impertinence to do such a thing?"

asked Mrs. Tiger, in such a cross, loud



Mrs. Tiger's Eyes Were Very Angry Looking.

roaring voice that a number of people flocked to her yard to look at her.

Mrs. Tiger's eyes were very angry looking. If she thought for a moment that anyone would put her indoors she would eat them up, yes she would. She roared so loudly that Mr. Tiger couldn't make himself heard. Master Tiger began roaring, too. "I wouldn't stand it. I wouldn't," he roared.

"They think they can look at us, and then they don't consider us," said Mrs. Tiger, who was becoming angrier all the time.

"It's so tiresome the way they look at us," said Master Tiger. "I suppose they will move us indoors so tender. delicate, silly people won't get cold."

"There is no use in getting so excited," said Mr. Tiger. "You are both working yourselves up over nothing. No one will put us inside, because we couldn't and wouldn't keep our beauty then. And we're famous for our size, out fine looks and our shaggy coats.

"We'd lose all these if they took us inside, and we are the prizes of the whole zoo. No animals are as handsome."

"That's so," said Mrs. Tiger. "It is indeed," agreed Master Tiger.

And then, for a time, they were quiet-for tigers-as the keeper threw into their yards some big pieces of raw meat, and they thought of nothing else except their food!

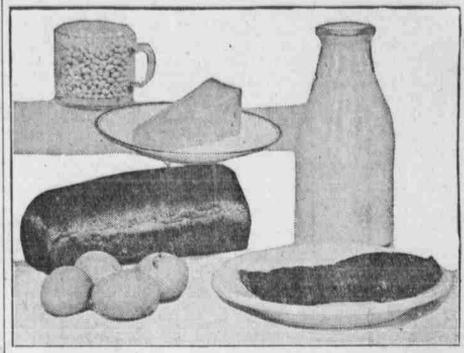
Set a High Value on Life.

Life is itself a great, grand opportunity. See that you do not undervalue it. A great many people, both old and young, act as if their only object was to pass the days somehow or other. Wake every morning with the thought that within the next few hours something important is to happen, semething lasting is to be accomplished. Life is great and its opportunities are sublime. The fault is in us, if we can see nothing but the commonplace. -Girl's Companion.

The Housewife and the War

(Special Information Service, United States Department of Agriculture.)

WHEN MEAT TAKES A HOLIDAY.



Meat and Other Foods You Can Eat for Protein-Cheese, Beans, Milk Eggs, Bread.

OLD FOODS TAKE PLACE OF MEATS

Eat Substitutes Occasionally and You Save Fighting Material for Army.

/ALUE OF COTTAGE CHEESE

One-Third Cupful Equals One-Fourth Pound of Sirloin Steak in Protein -Cupful of Baked Beans Is Another Equivalent.

********** INSTEAD OF MEAT.

Beans. Cheese. Milk. Peas. Cereals. Eggs.

Nuts.

Why not use them oftener? There are numerous good ways of coaking them. They give you the body-building material for which you eat meat largelyprotein-and a lot of it.

Ment is only one of the foods which furnish that body-building material, protein. Cheese, milk, eggs, beans, peas, cereals, and nuts contain it in plentiful amounts. Take cottage cheese, for example. It is richer in protein than meat. You can eat a third of a cupful of it with relish, and this third of a cupful will give you as much of the protein as a quarter of a pound of sirloin steak-a good, generous serving. Or if you like baked beans eat a cupful to get the same amount of protein. The child to grow must have food that furnishes this kind of body-building material. You need it, too. Even if you are grown up you must have it to renew parts of your body used up by work and exercise.

Eat meat substitutes occasionally, and you save a fighting material. Peas, beans, peanuts, and cereals are cheaper than meats and good to eat. They should be used, but eat some milk or cheese besides. Here are some suggestions:

Kidney Bean Stew.

cupfuls dried 2 tablespoonfuls kidney or other 1 onion. beans. cupfuls canned salt. tomatoes.

Wash the beans, put in covered kettle, and soak overnight in two quarts of cold water. Cook the beans slowly in the water in which they soaked. If necessary, add more water to cover and continue the cooking until they are nearly tender, usually about two hours. Wash the rice, cut up the onion and add with the tomatoes to the beans. Cook until rice is tenderabout 30 minutes. Mix the flour with a little cold water and stir in carefully to thicken. A small piece of salt pork cut up in cubes and added to the beans at the beginning of the cooking gives a pleasant flavor to the dish.

This stew will make a whole meal in itself, with bread and butter and fruit for desert, to serve five or six

tables poonfuls 3 eggs. teaspoonful salt.

2 tables poonfuls cupful skim milk.

% cupful rice.

Few drops of onion cupful mashed cooked peas (any kind).

14 tenspoonful pep-

Make a white sauce from flour, fat and milk, as in preceding recipe. Mash the cooked peas to pulp. Beat white and yolks of eggs separately. Mix partment of Agriculture, Citric acid vegetable pulp, seasonings, sauce and en whites, put in greased baking dish ket. Orange pulp for the manufacture and bake in slow oven until firm. Lima of marmalade has been prepared and beans, split peas, cowpeas, or fresh methods for preparing citrus peel for or canned green peas may be used.

Cheese, milk, eggs, and meat give States Bureau of Chemistry.

body-building material in a little better form than the plant foods do. Creamed Peanuts and Rice.

cupful rice (un- \$ tables poonfuls 2 cupfuls chopped 3 tables poonfuls peanuts. % teaspoonful pap- 3

cupfuls milk (whole or skim). teaspoonfuls salt. White Sauce, Boil rice. Make white sauce by mix-

ing flour in melted fat and mixing with milk. Stir over fire until it thickens. Mix rice, peanuts and seasoning with sauce, place in greased baking dish and bake for 20 minutes. Calcutta Rice.

2 cupfuls rice. % pound cheese.
2 cupfuls tomatoes. 1 tablespoonful salt.
Peppers and celery or onlons may be added if desired.

Boll rice. Mix it with tomatoes, grated cheese and seasonings, and pour into baking dish. Bake half an hour. If peppers or celery are used, cut up and boil with the rice.

All of these four dishes except the pea souffle have as much building material, protein, as a pound and a quarter of solid meat. The pea souffle furnishes only about half as much protein, but is very good instead of meat at a lighter meal.

Nuts are concentrated foods, too. Twenty single peanuts are about the same as the inch cube of cheese. Remember that nuts are good food. Chew them thoroughly or grind them up for a cooked dish and eat them as an important part of your meal.

More Uses for Toast.

Saving stale bread by making it into toast is an economy. In many families, toast is served only for breakfast, luncheon, or supper, but the custom which many high-grade restaurants have adopted of serving thin, crisp, hot toast with the more substantial meals might well be followed at home. Such dishes as chopped meat with gravy, creamed chicken or fish, poached eggs, melted cheese, cooked asparagus, Swiss chard, baked tomatoes, etc., are served very commonly on toast. Cream or milk toast (that is, toast with a cream sauce or milk gravy, perhaps flavored with a very little chipped beef, salt fish, or other savory) may be used at the main dish at breakfast, luncheon, or supper. Slices of toast may also be dipped in water or milk and beaten egg and lightly browned on a hot greased pan. It may be used at breakfast, and has the advantage of making the eggs "go further" than if used in a separate dish, or it may be served with cinnamon and sugar, sirup, or any sweet sauce for dessert. Egg Toast.

I cupful milk, skim 6 slices bread. 1 egg. % teaspoonful salt

Beat the egg, and add the liquid and sait. Let the bread soak in the mixture until slightly soft. Then fry to a light brown on a het, well-greased pan or griddle. More eggs may be used if available.

CHEESE IS A FINE MEAT SAVER.

There's a great deal of food in a little piece of it. Don't eat it at the end of a meal when you have already had enough. You wouldn't eat a piece of meat then. An inch cube of American cheese contains a third more protein than a piece of lean meat of the same size. Cheese is excellent food if eaten at the right time. Get from the United States Department of Agriculture the Farmers' Bulletin on cheese, No. 487, to learn how to use it in many ways.

Citric Acid From Cull Lemons.

The production of citric acid on commercial scale from cull lemons has been solved by the United States Deprepared in this way has been sold at well-beaten yolks. Fold in stiffly-beat- a price several cents above the marthe market, developed by the United