

Helping the Meat and Milk Supply

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

HOW YOUR MILK GETS TO TOWN



The Bottle You Take Off Your Back Porch May Have Traveled 200 Miles in Some of These Carriers.

MILK'S JOURNEY: COW TO KITCHEN

Many Farmers Working Hard to Give People Clean Food at Earliest Moment.

DIFFICULT STEPS IN SYSTEM

Product Must Be Carefully Cooled to Keep It and Then Hauled Over Bad Roads to Railroads—Different in Small Towns.

In the handling of foodstuffs the American people constantly demand increased service. Package goods, deliveries and special deliveries, buying in small quantities and so on, all require additional labor by some one. The milk consumer now is accustomed to find a bottle of clean, cold milk on the doorstep in the morning. If the milkman is late or does not come at all, vigorous complaint is voiced. Such a complaint is likely to be based on a lack of understanding of the many difficult steps involved in the modern system of distributing milk.

Up Before Daybreak.

Way off in the country somewhere, perhaps as far as 200 miles, some farmer must rise before daybreak to feed and milk his cows. The milk must be carefully cooled to keep it sweet, and must then be hauled for several miles over sometimes almost impassable roads to the railroad.

Long Haul to City.

Then begins the long haul to the city where the milk is carried on big trucks to the dealer's plant. There it is carefully pasteurized, bottled and placed in the refrigerator. The next morning about one or two o'clock the bottled milk is loaded on the delivery wagon and the driver starts on his way, carrying from 300 to 400 quarts, all of which must be delivered before breakfast time. Of course in small towns this system is simpler, as the farmer often delivers the milk directly to the consumer, but even then there are so many difficulties that the milkman may be excused if he is a little late now and then.

Reduce Fly Injury to Stock.

Here are some of the preventive measures advocated by the United States department of agriculture to decrease the losses of animals due to the larvae of flies: Burning or deep burying of carcasses of animals, the arranging of breeding operations so that young stock will be born in late fall, winter or early spring, the carrying on in winter and early spring months of branding, dehorning and other operations resulting in wounds, taking precautions to prevent injury to live stock from pens and fences or while on range or in pasture, the destruction of ticks and the poisoning and trapping of flies. Farmers' Bulletin 857 describes the damage these flies do and methods of controlling them. Burning or burying carcasses is very important, it is pointed out, since it is on this material that maggots, infesting wounds, are chiefly dependent for propagation. If all decaying animal matter could be destroyed, the troublesome blow flies—the insect bringing about maggot infestation—would be practically exterminated.

Help Save Game Birds.

The last day of the open season for hunting migratory game birds under the federal regulations was January 31 and it is now unlawful to capture or kill migratory game birds anywhere in the United States. The department of agriculture makes this announcement in response to numerous requests for information concerning the federal protective law. State game commissioners and sportsmen in nearly every state report that more wild fowl were killed during the open season just passed than in any season for

many years. The increase in the number of birds is attributed to the abolition of spring shooting under the operation of the federal regulations. The law already has been very beneficial to sportsmen and as a food protective measure, and under the continuance of existing protection there is every reason to hope for an ever-increasing supply of wild fowl which will greatly improve shooting conditions in the years to come.

The department appeals to the patriotism and true sportsmanship of all persons to co-operate with it in the enforcement of the federal law. It is gratifying to know, says a recent statement from the department, that the majority of sportsmen have observed the regulations, and this fact has contributed largely to the successful results accomplished. The department has planned to increase its force of wardens who will be active during the spring migration in securing evidence upon which to base prosecutions against those who may violate the law.

Capital in Dairy Farming.

Very few people realize the amount of money invested in the dairy farms of the country. The department of agriculture reports that on January 1, 1918, there were 23,384,000 milch cows on farms in the United States, and these cows were valued at \$1,643,639,000. Add to this figure the value of lands, buildings and machinery used in dairy farming, and the aggregate is stupendous.

The investment in individual dairy farms varies considerably, being influenced by land values, the number and kind of buildings, and the quality of the cattle kept. A modern dairy of 50 cows, capable of producing a daily average of 500 quarts of milk, would require an investment in equipment of approximately \$13,300. This would be divided as follows:

50 cows at \$100	\$5,000
2 pure-bred bulls	1,000
Barn for cattle and feed	5,000
2 concrete silos, capacity 125 tons each	250
Dairy house and equipment	800
Ice house, capacity 150 tons	500
Barn equipment	450
Total	\$13,300

Added to this would be the value of horses and horse barn, dwelling house, harnesses, farm machinery, etc.

The value of the land itself is the biggest single item. It has not been included in this estimate because of its variability. If land worth \$50 an acre is used, the land investment would be close to \$15,000. If \$200 land is bought, its cost would approximate \$30,000.

Exercise Prevents Pig Thumps.

When the pigs are from four or five to ten days old, be on the lookout for thumps. The best-looking fat little pig is the one to go first every time. An almost certain indication is a little roll of fat around the neck. While there is no known cure for thumps, the trouble is quite easily prevented. Plenty of exercise for the pigs is the answer. In cold, stormy weather out-of-door exercise is impossible, but if a central farrowing house with an alleyway is used, get the little fat fellows into the alley and put in about ten or fifteen minutes three or four times a day chasing them with a buggy whip, until they are pretty well tired out. If this is impossible, try putting one or two of the little pigs at a time in a large barrel or hoghead, placed by the farrowing pen. The pigs will hear the old sow making a fuss and in running around the barrel hunting for a corner to climb out, generally will take the exercise necessary to ward off thumps. A considerable part of the battle is won if the litter gets past the first ten days or so with a good start.

Quality of Butter.

Uniformity in quality is the secret of success in holding customers for the product of the private dairy.

Value of Heifers.

A heifer is valuable in proportion to the smallness of the feed required by her to make a pound of butter.

IN THE LIMELIGHT

SENIOR MEMBER OF SENATE

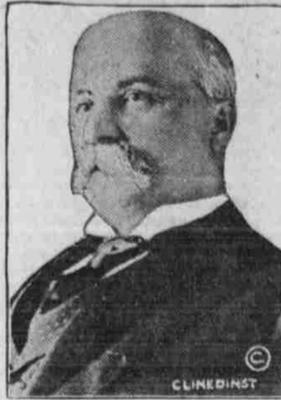
When the Republican party passed from power in congress there was one Republican who still maintained his power. This was none other than Jacob Harold Gallinger, the senior member of the senate and the minority floor leader. Although his party is in the minority, Senator Gallinger of New Hampshire may be reckoned as one of the strongest driving forces in the war senate. This is due largely to the fact that he knows how to fight.

Serving in the senate since 1891, Gallinger has learned all of the legislative tricks in the bag. When defeat seems imminent for measures which he favors he generally reaches down into history and brings up a precedent of days gone by which rescues the situation.

Ponderous and heavy, Senator Gallinger does not appear from the gallery to be an active member of the war senate, despite the fact that he is generally in his seat. But he has a constant eye on the situation and always at the right moment he is on his feet and offers some suggestion which turns the tide in his favor.

Perhaps the greatest exponent of the dignity of the senate is the minority leader. He has great reverence for the serious work that the senate has before it and never allows this to be forgotten by some of the younger members.

Senator Gallinger was born on a farm in New Hampshire, eighty-one years ago. He did not stay on the farm for long and when he went out into the world it was as a physician. But in 1872 he was sent to the house of representatives and from that time on he has spent most of his time doctoring laws. He has been in continuous service in the senate since 1891.



CLIMEXIST

MISS GREGORY GOT A JOB



A young woman appeared at the offices of the United States food administration in Washington a few days ago and asked for an application blank for a position there.

She filled it out, stating she desired employment as a clerk, would accept \$30, the minimum for an applicant with a college education, gave as references the names of Col. E. M. House and Thomas Watt Gregory, and said she had three dependents.

The young woman was Miss Jane Gregory, daughter of the attorney general, and she has been put to work at the salary named, in the office of Mrs. Lloyd Allen, chief of the section on illustrations. She now is assisting Mrs. Allen in "digging up" cuts for use with food stories in newspapers and magazines. Her college is the same as that of her chief, Mrs. Allen. Both attended the University of Texas.

The only statement on her application blank which aroused question was that about three dependents.

"Oh, yes, that's all right," said Miss Gregory. "I have 'adopted' three Belgian children, and I am supporting them."

PHILOSOPHER OF GOOD CHEER

The open season for banquets being at an end, Patrick Francis Murphy of New York has returned to his pipe, his books, his business and his coterie of congenial companions. He is the man whose philosophy of cheer, genial personality, kindly humor and gospel of courage make him always in demand at the speakers' table. Every banquet organizer wants Murphy last on the program so that the company may be kept together through what has preceded and all be sent home in good spirits by the Murphy speech, each one declaring the affair a great success and each swearing that he will not miss one of the annual events so long as he may live.

It is a matter of history now that Mr. Murphy provided for President Wilson one of those rare ten-minute intervals of laughter the latter has enjoyed in the last three years. The occasion was a banquet for the Manhattan club, and, as the manager of that function hit upon the novelty of attempting to entertain the principal guest as well as being entertained by him, Mr. Murphy was put on the program. The presidential paroxysms were punctuated only by Mr. Murphy's periods and Mr. Wilson's own evident intention not to lose what was coming next. He laughed like a boy at his first circus.



JOHN BURROUGHS AT EIGHTY-ONE



John Burroughs, who selected early April to be born in, so that annually on April 3 he could start in all over on an even footing with his birds and maples and blooms to renew his youth again, celebrated his eighty-first birthday at "Slabside," West Park. By way of explanation it might be said that "Slabside" is on the west bank of the Hudson, up near Poughkeepsie, if it weren't for the fact that all the world for years has agreed that Poughkeepsie is on the east bank of the Hudson, up near "Slabside."

The "celebration" was attended with the usual solemn ceremonies of raking the back yard, chopping a bit of wood, a walk over the hills and the making of some notes as to the number of robins, bluebirds, song sparrows, woodpeckers and sundry other pals of the silver-haired poet-naturalist which have returned from

Palm Beach to the vicinity of "Slabside." This was the second birthday in sixty years that Mrs. Burroughs had not been beside her husband to hear and read the birthday messages that reach "Slabside" from around the world and back again every April 3. Mrs. Burroughs died less than a month before the birthday of last year, in her eighty-first year, after a life that had caused Mr. Burroughs to rank her as "the greatest woman," the late Mrs. Julia Ward Howe being placed second on the list by Mr. Burroughs.

The Housewife and the War

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

PLAN YOUR MEALS FOR A WEEK



With Her Meals Scheduled, the Housewife's Saturday Market Basket Can Bring Food for a Week, Except Some Perishables.

PLANNING MENUS WEEK IN ADVANCE

Satisfactory Answer to Question "What Shall I Have for Dinner?"

MAKE FEWER MARKET TRIPS

Definite Schedule Will Be Great Help in Avoiding Waste—Meals Suggested to Meet Food Administration's Requirements.

It will pay you, Mrs. Housekeeper, to sit down for an hour each week and spend the time in planning your week's menus in advance. Especially at this time when all are striving to conserve food, you will find a definite schedule a great help in avoiding waste.

Here are some menus for a week from a woman who believes in a working schedule for her household. The meals are carefully planned to meet, first of all, the food administration's requirements, using substitutes for wheat, meat, fat, and sugar, and they show also how a little careful planning can save the time and labor of the busy housewife. Features of the menus are the breadless meals and "quick breads" (muffins, etc.) made from other grains to save wheat, and the use of meat substitutes and savory dishes which call for little meat.

The meals suggested are all simple and are planned to meet the needs of a family of four, consisting of two adults and two children. None of the menus are inflexible but could easily be varied to meet changing conditions. You can use these as guides in planning your family meals.

The recipes for most of the dishes given in the accompanying menus are published in the United States Food Leaflets of the United States department of agriculture and the food ad-

ministration. This woman works her schedule to save time, fuel, and labor. On Saturday she baked her oatmeal bread to last for Sunday, Monday and Tuesday. The rolls for Sunday were therefore ready to be reheated Sunday morning. The hen for the chicken loaf was cooked in the fireless cooker Saturday in one cooking compartment while a quantity of apricots was cooking in the other compartment. The codfish balls were made Saturday night, thus utilizing some mashed potatoes left from dinner.

Twice the quantity of hominy grits required were cooked in the double boiler for Monday breakfast and utilized with the apricots left from Sunday to make the apricot-hominy scallop. In the same way enough apples were baked for two meals. Corn sirup was used to sweeten the baked apples and stewed fruit in place of sugar.

The stock from boiling the chicken served as the basis for chicken soup Tuesday, and the small quantities of left-over vegetables used for the vegetable salad Friday.

Instead of stopping each day to answer the question, "What shall I cook today?" answer it at one time for the whole week. Try the plan and see how much easier your work becomes.

Matrons for Rest Rooms.

In rest rooms employing matrons many activities could be carried on which otherwise would not be possible. The matron not only sees that the room is kept in a clean, sanitary condition at all times, but she may provide for a sleeping child or a system for providing hot lunches at noon for women and children. She may care for packages which otherwise might have to be carried from place to place. In some rest rooms the matron takes charge of the woman's exchange, which usually is supervised by a committee from the women's clubs.

Egg yolks, which are rich in fat and which are often left over from cake making, may be used to enrich soups or may be combined with milk to make custards which resemble cream in composition and can be used as cream, as on desserts.

A WEEK'S MEALS FOR FOUR

SUNDAY.		
Breakfast. Stewed dried apricots Codfish balls Hot wheat and oatmeal, rolls and butter Coffee for adults Milk for children	Luncheon or Supper. Cheese sandwiches Stuffed dates Hot cocoa	Dinner. Chicken loaf with gravy Buttered carrots Steamed rice Celery Oatmeal bread (homemade) Fruit gelatin
MONDAY.		
Breakfast. Stewed prunes Hominy grits with milk Barley biscuit and marmalade Coffee or milk	Luncheon or Supper. Cold chicken loaf Corn pone and butter Hot cocoa Marmalade	Dinner. Hot pie of mutton and barley Cold slaw Stuffed potatoes Apricot hominy scallop
TUESDAY.		
Breakfast. Rhubarb sauce Creamed eggs on toasted oatmeal bread Coffee or milk	Luncheon or Supper. Creamed peanuts and rice Baked apples Oatmeal cookies Tea or milk	Dinner. Chicken soup Bean loaf Tomato sauce Butter Green onions and lettuce Baked potato Chocolate tapioca
WEDNESDAY.		
Breakfast. Baked apples Creamed dried beef Cornmeal muffins Coffee or milk	Luncheon or Supper. Cream of tomato soup Toasted corn muffins Oatmeal pudding	Dinner. Pot roast of beef Browned potatoes and gravy Pickled beets Buttered carrots Cornstarch mold served with canned sliced peaches
THURSDAY.		
Breakfast. Corn flakes with canned peaches and top milk Fried beef liver Barley muffins Coffee or milk	Luncheon or Supper. Split pea soup and crackers Baked bananas with raisin sauce Cornmeal cookies	Dinner. Pot roast of beef (reheated) Mashed potatoes Buttered carrots Lettuce and cottage cheese salad Apple scallop Coffee, tea or milk
FRIDAY.		
Breakfast. Hominy grits with milk Soft-cooked eggs Toasted victory bread Coffee or milk	Luncheon or Supper. Kidney bean stew Corn dodgers Apple butter Tea or milk	Dinner. Scalloped fish Stewed tomatoes Boiled potatoes Mixed vegetable salad Steamed raisin pudding with sauce
SATURDAY.		
Breakfast. Baked apples Oatmeal Coffee or milk	Luncheon or Supper. Smoked fish with tomato sauce Baked potato Apple butter Scotch oat crackers	Dinner. S'pherd's pie with potato crust Canned corn Green beans Corn and heat rolls Butter Canned fruit