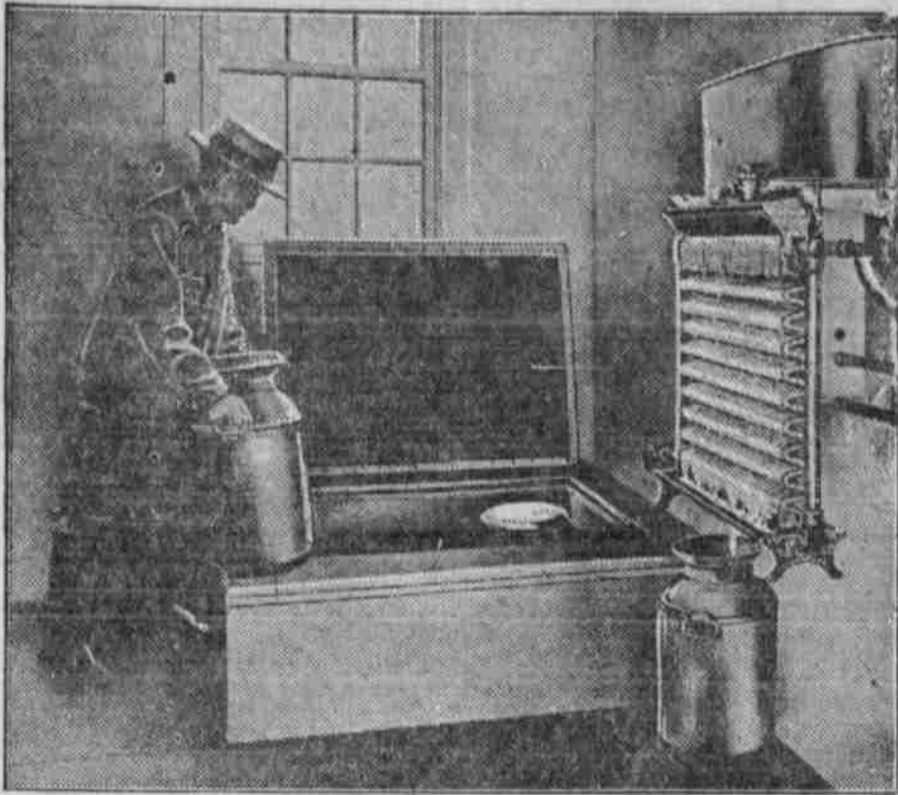


Helping the Meat and Milk Supply

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

KEEP MILK BELOW FIFTY DEGREES.



Surface Cooler Over Which Milk Should Be Poured When Drawn, and the Tank for Keeping Cans Cold.

CONSERVE FOOD VALUE OF MILK

Constantly Clean and Cold Is
Formula for Making Best of
This Product.

SPOILED MILK VERY COSTLY

Put Bottles in Refrigerator Minute
After Milkman Leaves It at Door
—Every Dairy Utensil Should
Be Thoroughly Cleaned.

One quart of spoiled milk costs more than 25 pounds of ice.

That for persons who have to do with milk in small quantities—consumers. This for persons who have to do with milk in large quantities—producers:

One ten-gallon can of spoiled milk costs more than a thousand pounds of ice.

Besides, this fact for both classes: Milk is mighty good human food and ice isn't food at all.

There is no possible argument in favor of wasting ice, as there is no possible argument in favor of wasting anything. The creation of ice consumes coal and ammonia and other things needed toward winning the war. But there is the best possible argument in favor of making the best possible use of whatever ice is used and, since milk is probably the most important human food, taking into consideration all classes of people from infant to the aged, there is every argument, not necessarily for using more ice in connection with it, but for using a good deal more care in seeing that the milk never gets very far from the ice from the moment it is drawn from the cow to the moment it enters the human gullet. Spare the ice, but do not spare it at the expense of the milk.

Much Milk Lost.

Every summer multiplied thousands of gallons of milk are lost—poured into sink and sewer and run with the rivers to the sea—because people are not careful enough about bringing the bottle in to the refrigerator immediately after the milkman leaves it at the door. Milk should be kept always at a lower temperature than 50 degrees Fahrenheit. Assuming that the man who milked the cow, the man who bottled the milk, and the man who made the delivery all did their part, all their effort is likely to be thrown away if the bottle is left on a hot doorstep for an hour, or even half an hour.

Get the milk on the ice the minute after the milkman leaves it at the door. And some rather keen eyes are open to see to it that the dairyman does his part toward keeping the milk cool as it should be from the time it is milked until it is delivered. With this article is a picture of a milk cooler that the United States department of agriculture recommends to—and urges upon—the dairyman. The coldest water obtainable—iced water, preferably, but, in the absence of that, water direct from a cold spring or well—is to be used in it and the milk, immediately after it is drawn from the cow, is to be poured over the cooler. From ten to fifteen gallons of cold water is passed through the cooler for every gallon of milk cooled. The milk flows slowly over the cooler and is brought to within three degrees of the temperature of the water.

Iced Water for Milk.

After that the milk should go into a cooling tank. The tank recommended by the department of agriculture is made with a two-inch layer of cork between two shells of four-inch concrete. Three gallons of iced water should be used for every gallon of milk that goes into the tank. All milk should remain in the tank until it is

ready to ship, and it should be protected from heat during hauling with blankets or felt jackets.

Every vessel that milk touches in any way—cooler, cans, pails and bottles—should be sterilized and kept clean.

Constantly clean and constantly cold. That is the formula for getting the full benefit of the milk supply. Even brief lapses from cleanliness and cold cause the bacterial count to multiply and the milk to deteriorate.

PORK PRODUCTION HINTS.

A large, raw-boned sow, having plenty of capacity and size, but lacking in femininity and quality, is one of the poorest investments a breeder can make, for her pigs will be slow to develop, hard to fatten, and lacking both in number and in uniformity.

The modern hog is a highly specialized and efficient machine for the conversion of grain and roughage into edible meat, but to obtain the greatest efficiency, to make the most pork from a given amount of feed, to make that pork most economically, the machine must be kept running to capacity from birth to the time of marketing. Nothing is more important than this factor.

Slightly more rapid and economical gains in fattening hogs are made by using a self-feeder than can be obtained by the best of hand feeding. Cleanliness and rational methods of management are relied upon by thousands of hog raisers to keep their herds in health and vigor. They are the marks of the good farmer and successful hog breeder.

What Cow-Testing Showed.

The average production of all dairy cows in the United States is 160 pounds of butterfat a year, according to estimates. The average production of all cows in 40 cow-testing associations studied by investigations of the United States department of agriculture was 247 pounds a year. Careful tabulations of the records of the 40 associations show that a production of 160 pounds of butterfat a year gave an income of \$23 over cost of feed, while the average income over cost of feed for all the cows in these associations was \$47, or a little more than twice as much.

Undoubtedly the dairymen who join cow-testing associations are more progressive than the average, and own cows and farms that are much above the average, but the fine showing made by association cows should be credited, in large measure, to association work. Certainly the cow-testing associations return many dollars more than they cost. It is encouraging also to know that the cow-testing association records indicate that the large-producing dairy cows are the least affected by the increased cost of feeds. Therefore, every dairyman should aim to keep them where they will continue the economical production of human food. Economical production can be obtained not only through careful selection of dairy cattle, but through intelligent breeding and skillful feeding.

Sheep on Every Farm.

That peaceful flock of sheep which ought to be on every farm is a powerful war machine. Wool for the soldiers. Meat to feed us.

Are your weeds just a nuisance, or are you and some sheep turning them into uniforms? A flock on every farm.—United States Department of Agriculture.

The value of a good clover pasture for young pigs should not be overlooked by hog raisers.

R. R. MEN GET RAISE

McADOO ANNOUNCES INCREASES AFFECTING 2,000,000 EMPLOYEES.

RAISE DATES FROM JANUARY 1

Women to Receive Same Pay as Men. Boost in Freight and Passenger Rates Discussed by Board.

Washington, May 28.—General pay increases for nearly 2,000,000 railroad employees were announced by Director General McAdoo, effective next Saturday and retroactive to last January 1, carrying out substantially the recommendations of the railway wage commission. The aggregate of the increases probably will be more than \$300,000,000 a year, half of which will be distributed within a few weeks as back pay in lump sums ranging from about \$100 to nearly \$200 each.

The director general departed from the wage commission's recommendations in the following particulars:

The principal of the basic eight-hour day is recognized, but owing to the exigencies of the war situation, hours of employment are not actually reduced and overtime is to be paid pro rata; future adjustments of pay are to be made on the basis of eight hours.

In addition to the ordinary scale of increase, day laborers, employed mainly on track work, are to get 2 1/2 cents an hour more than they received last December 31. A minimum of 55 cents an hour is established for the shop trades, including machinists, boiler makers and blacksmiths; and women are to receive the same pay as men for the same work, and negroes are to get the same as white men for similar employment.

The wage order applies to all employees of the 164 roads now under federal management, but not to the so-called short lines, unless they are retained by the government after July 1. The percentages of wage increases range from 43 for men who received \$46 a month in December, 1915, to a small rate for those receiving just under \$250, and no more pay is allowed men who made \$250 or more in 1915. The actual additions run up to \$34. To meet the expense of the wage increase, the biggest ever granted to railroad or any other class of employees at one time, the railroad administration has discussed raising freight and passenger rates.

Over 2,000,000 Under Arms.

Washington, D. C., May 28.—Full strength of the army, including national army, national guard and regulars, now is 2,000,000 men, Chairman Dent of the house military committee announced in his report on the army appropriation bill. While it has been rumored that we had no airships with our army in France, the fact is that we have between 1,300 and 1,400 of them, "at least 200 of which are fighting machines," the report says. More than 200,000 Americans have been sent abroad during May, and that number probably will be much exceeded next month, members of the senate military committee were told at their weekly conference with Secretary Baker and his assistants.

427 Sammies On Moldavia Saved.

London, May 28.—A total of fifty-three Americans lost their lives in the sinking of the British steamer Moldavia off the English coast Thursday morning. The men were all members of Company B, Fifty-eighth United States infantry, Fourth division. The remaining American soldiers on board, 427 men of the Fifty-eighth infantry, were safely landed, together with all other persons the steamer carried. The Moldavia was moving forward steadily on a smooth sea, and was almost within sight of its destination when the torpedo crashed into the boat's side.

Foreign Language Banned in Iowa.

Des Moines, May 28.—An official proclamation issued by Governor Harding forbids the use of any but the English language in schools, churches, on trains, in public gathering places and over the telephone during the war. Governor Harding said his proclamation will not interfere with constitutional rights of free speech.

Further Restrictions Unnecessary.

Washington, May 28.—Further restrictions on the use of wheat are believed by some officials of the food administration to be unnecessary. Reports show that on May 4 there were 45,000,000 bushels of wheat on farms, and 37,000,000 bushels in elevators. The allies have asked that during May, June and July 16,000,000 bushels a month be shipped.

Claims World's Knitting Record.

Detroit, Mich., May 28.—The world's knitting record is claimed by Mrs. Fred Springer of Detroit, who recently won the knitting contest conducted here by the Red Cross, in which more than 700 women took part. In two hours Mrs. Springer completed twenty-one inches of a man's sock—legs, heel and three-quarters of the foot. Mrs. Nathan Jewett, head of the knitting division of the Red Cross, said that Mrs. Springer's feat has never been equaled.

DADDY'S EVENING FAIRY TALE

BY MARY GRAHAM BONNER

THE GEESSE.

"Along a road which neither could be called a country road nor a city street," commenced Daddy, "there were some geese taking a walk. Mr. Gander was walking beside Mrs. Goose and behind them were the Geese children.

"It was in a part of the country which we call a suburb because it was outside a big city. There were many things which made it look like a city still—the elevated railway with tracks so high up they were even with the second stories of the houses gave it a very city-like appearance but the geese walking along the road gave it almost a barnyard look.

"It's a pleasant day," said Mrs. Goose.

"Cackle, Cackle, C-a-c-k-l-e," said Mr. Gander. "Yes, it's a pleasant day, I don't care though so much for the weather. Some folks and even some animals do—but as for me—it's beneath me!"

"It's very often above you," said one of the small Geese children, walking behind.

"Whatever do you mean?" asked Mr. Gander.

"Isn't the weather very often above you, Daddy Gander? It's not always beneath you," repeated the Goose child.

"Will you kindly explain yourself?" asked Mr. Gander. "If you don't, I



Mr. Gander Was Walking Beside Mrs. Goose.

fear I will have to send you to school and I'm sure I don't know where there is a school for geese—I'm sure I don't know at all."

"I don't believe there is such a thing," said Mrs. Goose.

"No," said Mr. Gander, "I have never heard of one. I have heard of schools for boys and schools for girls and schools for both together. I have heard too of circus schools and zoo schools but I don't believe there has ever been such a thing as a school for geese. If there has been one or ever will be one, they haven't talked to me about it."

"Perhaps there may be one and they are going to have it as a surprise for us so our children can go there," suggested Mrs. Goose.

"My dear, would you like to have a school for the children? How can you say such a thing?"

"You were talking about a school yourself," said Mrs. Goose. "I thought that suddenly you had become interested in having the children educated."

"Not a bit of it," said Mr. Gander. "I wouldn't be a true Mr. Gander if I wanted the children educated. If I felt that way I would show I had sense and everyone knows I'm a goose and that I'm proud of it."

"Still they were walking along the road, going down toward a little pond quite a distance off.

"What did you mean then in talking about schools?" asked Mrs. Goose.

"I wanted to know what the child meant by saying that the weather was not always beneath me. I had said that it was. Either my child is very rude or very bright. I very much doubt if he is very bright."

"I meant, Daddy Gander, that the weather couldn't be beneath you all the time. Now sometimes it can. The rain—which is rainy weather—goes beneath you because it makes the ground wet, and when it snows the earth is covered with snow. But when the sun shines it's sunny weather and the sun is certainly above you."

"Too absurd," said Mr. Gander.

"Too absurd," repeated Mrs. Goose. And then they all yelled and screamed in their high, piercing voices. "Too absurd!"

"I am glad I don't have to send you to school anyway," said Mr. Gander. "That remark shows you're a regular goose, good and stupid."

"But there are no schools for geese," said Mrs. Goose. "I thought we had finished that subject."

"So we had," said Mr. Gander, "but we hadn't reached the pond as yet in our walk, and there were no other creatures to fight or scold, so I thought we'd still talk our usual foolish goose talk."

"A good idea," said Mrs. Goose.

"So they continued to walk until they reached the pond and they screamed and cackled and talked and said how they disliked all the rest of the world and every creature too sensible to be a goose.

"For to be sensible is something the Goose family cannot understand!"

The Housewife and the War

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

EAT POTATOES EVERY MEAL.



Stuffing Potatoes, One of the Attractive Ways of Preparing Them.

POTATO RECIPES FOR FAMILY USE

Millions of Bushels of Good Food Will Be Lost Unless Consumed Quickly.

MADE A DUTY AND PLEASURE

Some Menus Worked Out by Experts Without Allowing Them to Become Monotonous—Others Are Easily Obtainable.

Do you know that there are millions of bushels of potatoes in the United States in excess of the usual supply at this time of year, and that, unless people generally eat more potatoes than they ordinarily do, millions of bushels of good food will be lost at a time when nearly the whole world is suffering for food? Potatoes are bulky and heavy and cannot well be transported over seas. The United States must eat its own potatoes and release other foods for export. Eating potatoes every day is a duty—and eating potatoes every meal can be made a pleasure. Following are some recipes, worked out by the cooking experts of the United States department of agriculture, covering every meal for two days. Similar recipes, both economical and palatable, have been worked out covering every meal for a week.

For breakfast:

Potato Omelet.
1 cupful mashed potato, 1 egg, 1/2 cupful milk, 1/2 cupful salt, 1/2 cupful cream or milk.

Wash eggs and separate the white and yolks. Add the yolks to the potato and beat until there are no lumps. Season with onion juice, if desired, and chopped parsley. Beat the whites until stiff and fold into the potato mixture. Put into a well-oiled frying pan and bake in oven until brown. Then turn and fold on hot platter. Serve at once.

For lunch or supper:

Potato and Corn Chowder.
1 pint canned corn, 1 small onion chopped, 1 cupful potato cut in small pieces, 1/2 cupful milk, 4 cupfuls skims milk, 2 ounces salt pork, 1 1/2 tablespoonfuls of cornstarch.

The salt pork should be cut into small pieces and cooked with the chopped onion until the onion is a golden brown. Add the potato and cook for ten minutes. Add the milk and corn and cook slowly in a double boiler. Add the flour mixed to a smooth paste with an equal amount of cold water. Add the pepper and additional salt if necessary. Cook until the mixture is creamy.

For dinner:

Browned Potatoes with Roast Beef.

Parboil potatoes for ten minutes. Remove the skins and place the potatoes on a roasting rack with meat. Bake them for about 40 minutes, or until the potatoes are tender, basting them occasionally with the juice in the pan.

Use the left-over potatoes to make potato cakes. They are very good served for breakfast with crisp slices of bacon. Brown them in the bacon fat.

Potato Cakes.

Season cold mashed or rice potatoes to taste with salt and pepper, and mix with a little milk. Add egg, if desired. Mold with the hands into small round cakes. Fry on both sides in well-greased skillet, frying pan, or griddle, and serve hot.

For supper or lunch: Potato soup can make the largest part of the meal.

Potato Soup.

Boil three medium-sized potatoes and when soft rub them through a sieve. Slice a small onion and scald this and a little chopped celery or one-

quarter teaspoonful celery salt in five cupfuls of skim milk. Remove the onion and add the milk slowly to the potatoes. Mix one and one-half tablespoonfuls corn starch, one and one-half teaspoonfuls salt, and a little cayenne pepper to a thin paste with two tablespoonfuls cold milk. Stir this mixture into the boiling soup. Continue to boil for one minute; strain and serve. For dinner:

Stuffed Potatoes.

Bake potatoes in the hot oven for about 45 minutes, or until soft. Cut a slice from the side of each and scrape out the inside. Mash this and season with salt and pepper. Add enough heated milk to bring to the consistency of ordinary mashed potatoes. When partly cooled add egg. This may be left-over whites or yolks or whole eggs, well beaten. Add not more than one egg to six medium-sized potatoes. Refill the skins, brush with melted fat, and put back in the oven for 5 or 10 minutes. Serve hot.

STAY SLENDER

Body fat is stored-up energy. Keep your energy in circulation—not in storage. Don't be afraid of potatoes. Eat plenty of them. Use up the energy they give you for your war work and stay slender! Eat Well. Work Hard. Be Patriotic. Write the United States department of agriculture for new potato recipes.

Baking With Wheat Savers.

Wheat saving need not involve hardship. Nor is there danger of hunger for lack of bread. Abundant crops of other cereals are available to mix with wheat flour in making palatable and nutritious breads. If every housewife would use some substitute for wheat flour in whatever bread, biscuits, pastry, and so on she prepares, the necessary saving in wheat would be accomplished. In Farmers' Bulletin 955 of the department of agriculture complete directions are given for making bread, biscuits, muffins, cookies and various kinds of pastry in which wheat flour substitutes are used.

In yeast bread as much as 25 per cent flour or meal from other grains or from dried peas, beans, potatoes, nuts, and so on may well be used, the publication says, and as much as 50 per cent in "quick" or hot breads produces articles excellent in flavor and attractive in appearance. It is not necessary to use these substitutes always in the form of flour or meal. The use of boiled or baked potatoes, cornmeal mush, cooked rice, and so on, all produce breads which compare well with those made from the corresponding flours or meals. This enables the housewife to make good use of left-over food and to prevent waste.

Substitutes for Sugar.

Satisfactory substitutes for sugar may be used to a much larger extent. These include sorghum, corn and cane sirup, maple sugar and sirup, and honey. The maple sirup and sugar production can and should be increased in those areas in which maple trees are growing in sufficient numbers to warrant the expenditure of the necessary time and labor. Maple sirup and sugar are produced in 19 states, the annual output exceeding 14,000,000 pounds of sugar and 4,000,000 gallons of sirup. These figures can be increased. The production of sorghum sirup in 1917 exceeded that in 1916 by nearly 4,000,000 gallons. Sorghum sirup may be produced in nearly every state in the Union. An increased production of sorghum sirup will enable the public still further to conserve the sugar supply in the most available form for transportation to our soldiers.

Excellent succotash can be made with dried lima beans and dried corn.