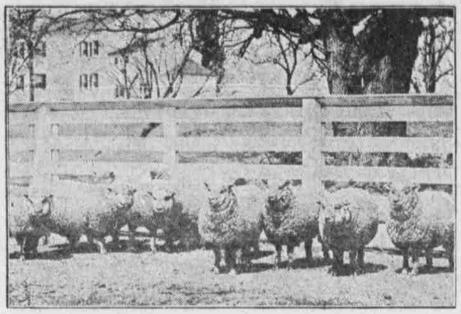
Helping the Meat and Milk Supply

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

MORE WOOL FOR UNCLE SAM



These Ewes Have Been Cared for to Produce Good Fleece

FLOCK OF SHEEP WILL HELP WOO

Autumn Is Most Favorable Time for Making Start, Says Agricultural Department.

FLEECE NEEDED BY SOLDIER

Are Best for Beginners-Consider Class of Pasture and Feeds Available.

Sheep husbandry on farms can do much to relieve the threatened inadequacy of the wool production in the United States. The farmer who will start and care for a new flock this fall will have a patriotic part in meeting the country's need for more wool to equip our soldiers and sailors,

Late summer or early fall is the most favorable time to make a start in sheep raising. Ewes can be procured more readily at this time, and when purchased can be kept on meadows, grain stubble fields, or late-sown forage crops, to get them in good condition for breeding. Experience with the ewes through fall and winter will also render a beginner more capable of attending to them at lambing time. It is seldom possible to buy any considerable number of bred ewes at reasonable prices.

Selection of Stock.

The inexperienced sheep raiser should begin with grade ewes of the best class available and a pure-bred ram. The raising of pure-bred rams can best be undertaken by persons experienced in sheep raising. The selection of the type and breed of sheep and the general system of farming to ties of the breeds and the conditions and kind of feeding and management for which each has been especially developed.

It is highly advantageous for all, or a majority, of the farms in a neighborhood, to keep the same breed of sheep, or at least to continue the use of rams of the same breed. After a decision has been made as to a suitable breed, the aim should be to obtain ewes that the continuous use of good pure-bred rams of the same breed, the flock will lambs, and less often older stock bred prevent waste of feed. on the range and sired by rums of the down or long-wool breeds, are sometimes obtainable. These, or even the Merino ewes, furnish a foundation for ed with internal parasites than are there is opportunity for closer selec-

Young Ewes Preferred.

Yearling or two-year-old ewes are "broken mouths"-that is those that have lost some of their teeth as a reguit of age-can be purchased cheaper than younger ones, but are not good property for inexperienced sheep rais-

In buying ewes, particularly those against buying ewes that are useless a growing child.

as breeders, because of the ends of the tents having been clipped off at

Size of Flock.

Persons wholly inexperienced with sheep will do well to limit the size of the flock at the start. A beginner can acquire experience quite rapidly with 8 or 10 ewes. It is very doubtful, however, whether anyone should make a start with sheep unless the arrangement of the farm and the plan of its operation allow the keeping of as many as 30 ewes, and in most cases 60 or more will be handled better and more economically than a very small flock.

The economical disadvantage of a very small flock Hes In the fact that Good Grade Ewes and Pure-Bred Ram the hours of labor are practically the same for a dozen or 20 ewes as for the larger flock. The fencing to allow desirable change of pastures or to give protection against dogs is about the same in either case, so that the overhead charges per ewe are much smaller in the case of the larger flock. Furthermore, the small flock on a farm having large numbers of other animals is unlikely to receive the study and attention really needed or that would be given to one of the chief sources of the farm income.

CLOTHE A SOLDIER

Start a new flock now and clothe a soldier boy for Uncle Sam. Twenty sheep, at least, are needed to provide wool for his hat, his shirt and socks, his underwear and blankets. How many boys are you going to keep

Housing the Flock.

Equipment for raising sheep on farms need not be expensive. In mild latitudes little housing is needed, and the main need is for fencing and pastures of sufficient number and size to should be made by considering the allow frequent changing of flocks to class of pasture and feeds available fresh ground to issure health. Where winters are longer and more severe. be followed, along with the peculiari- buildings and sheds are necessary to furnish protection from storms, though no special provisions are needed for warmth. Dryness, good ventilation, and freedom from drafts are the first equisites of buildings for sheep. Convenience in feeding and shepherding must also be held in mind in locating

and planning such buildings or sheds. Small flocks can be cared for in sections of barns having stabling or feed storage for other stock, but with a are individually good and that have as flock of, say, 100 ewes separate buildmany crosses as possible of the breed lings are desirable. The interior arselected. With such a foundation and rangement of these buildings should be such as to require a minimum of labor and the least possible moving of make continuous improvement. In the ewes in doing the feeding and looking for ewes of desired types and caring for them during the lambing breeding it will often be found impos- season. A building of this type can sible to get them near at home at a siso be utilized for fattening purreasonable price. Ewes from the West. chased lambs to be disposed of before ern ranges can be obtained directly lambing begins in the regular farm from a stockyard market. For the flock. A good supply of feed racks, most part the range ewes are of grain troughs, etc., can be provided at Merino breeding. First-class ewe small expense and will save labor and

Fall Feeding for Sheep.

Stubble and stalk fields may well form the principal means of sustethe flock that can be quickly graded nance for the breeding flock in the fall up by using rams of the breed pre- if they are used before the rains inferred. The lambs from Merino ewes jure their feeding value, Fence strips and mutton rams grow well and sell in plowed fields may also give good well if well cared for, but the yield grazing for a few days. Clover and is less than when ewes with some grass pastures may well be left until mutton blood are used. The sheep the stubble and stalk fields have been from the range are less often infest- used. For regions where the winters are open, a heavy stand of well-cured farm sheep, and in the large shipments | bluegrass will help very much in carrying the flock through the winter In good condition. Green rye pastures in the late fall give considerable succulence and furnish exercise for the preferable to older stock. Ewes with flock. In the South velvet beans will be found of great help in carrying the flock into January.

Milk Is Nature's Food.

It is very difficult to compare foods on the basis of mineral matter they contain, but all physiologists agree from the range, it is desirable, when that milk is very valuable from this possible, to examine the udders to see standpoint. It is food prepared by that they are free from lumps that nature especially for the growth and would prevent the ewes from being development of the young. A quart milkers. It is necessary to guard also of milk a day is a good allowance for

HE FEEDS OUR ARMIES

Any mother who worries because her boy in the United States army is not getting good food to eat, and plenty of it, is nourishing a delusion. While his rations may not suit his fastidious taste as well as the pies that mother used to make, it is better suited to preserve his health and physical welfare. The life of the army has taught him to depend on the essentials, and he is content if his food is wholesome, well cooked, properly diversified, on time, and in plenty. The subsistence bureau of the quartermaster's department, under the supervision of Col. William R. Groves, attends to all these requirements.

Not one single soldier has missed one single meal because Q. M. C .the quartermaster department of the United States army-didn't have the food ready for him. And, the supply has been so carefully selected, the purchasing so nicely adjusted, the transportation so accurately arranged for, that the loss through deterioration

or spoiled goods has been only one-half a cent per month per man. As to the quality of the army food furnished by the commissary department, criticism is lacking. There has been some bad meat furnished the army that had to be condemned, but this did not come through the quartermaster's stores. It was purchased by the mess sergeants from outside sources.

SHE HELPED BUILD SHIPS



"Many a woman who stands all day over a washtub and an ironing board, cooks three meals and looks after a brood of small children has a far harder job than most men in the shipyards."

This is the conclusion of Mrs. Marguerite E. Harrison, widow of Thomas B. Harrison of Baltimore, based on a week's experiences in overalls as a shipbuilder for the Bethlehem Shipbuilding corporation at Sparrows

Believing that the time may come when the wives and mothers and sisters of the men who must fight will be needed for shipyard work in the United States, Mrs. Harrison applied for and got her job, determined to find If Housewife Learns to Employ out just what a woman shipbuilder would be called upon to do and whether she could do it.

She was the first woman shipyard worker in this country, and as the only woman among 7,650 men in the plant she worked as a helper in various departments, performing her tasks with an aptitude that won the admiration FEW RECIPES WILL ASSIST of her bosses. She is convinced that if labor in this country becomes so scarce that women are called upon to fill the gaps in the shipyards they will

not find the work too hard for them. Mrs. Harrison belongs to one of the oldest and best-known families in Baltimore. She is a daughter of Bernard N. Baker, founder of the Atlantic Transport company, which was taken over by the international merchant marine.

TELLS OF SURGERY'S TRIUMPH

Surgery's greatest triumph during this war has come through a repudiation of medical decoctions. It has come through the elimination of disinfectant processes in treating septic wounds, and the substitution therefor of the knife.

It was not in those words that Col. Herbert A. Bruce, consulting surgeon of the British armies in France, whose professional territory at the front embraces 36,000 beds, expressed it when he was asked what he regarded as the greatest achievement of surgical science since the war began. In peace times he is professor of clinical surgery at the University of Toronto.

"Practically all wounds are infected," Colonel Bruce said. "We have passed through various stages in the treatment of such wounds, and I think I may say that now, in our service and in the French and in yours, a new technic has developed. This

method consists of the thorough mechanical cleansing of the wound, the excision of all infected and damaged tissues, and the primary closure of the wounds in cases operated upon soon after the injury is inflicted. When conditions do not permit of primary closure in the casualty clearing stations, then either the delayed primary closure or a secondary closure takes place at the base hospital.'

OUR CONGRESSMAN-AVIATOR



Flovello La Guardia, the congressman-aviator of the United States, has done much to establish the excellent relations existing between this country and Italy. He is an orator and patriof, an American by birth but an Italian of origin and heart, who has shown himself to be an excellent mouthpiece of the White House's diplomacy, a worthy and indefatigable herald of the government's democracy,

He was born in New York thirtyseven years ago. His father was a military bandmaster from Foggia, Italy, where La Guardia is at present an officer at the aviation camp. His mother came from Flume, one of the Italian cities of Istria, at present under the Austrian yoke.

When in his twentieth year he entered the diplomatic career and was sent to Budapest as a member of the United States consulate. In 1904 Secretary of State John Hay named him

American consul at Flume, his mother's birthplace. His thorough knowledge of English, Italian and German, besides various Stav and Croatian dialects, nabled him successfully to perform his duties. Before his election to congress in 1916 he was deputy attorney general

of New York state. As soon as the United States entered the war La Guardia offered his services as an aviator.

The Housewife and the War

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

SERVE SUGARLESS DESSERTS



Substitute Sirups for Sugar In Sweet Puddings.

Substitutes Much Sugar Can Be Conserved.

Honey, Corn Sirup, Sorghum and Molasses Are All Good and Easily Procured for Making Cakes, Pies and Puddings.

One cupful of sugar a week for everyone! For our coffee, tea, cocoa, for corn sirup or refiner's sirup may be sweetening all our cereals, fruits and desserts. If we are to make this eight ounces now allowed per person per week last for the allotted time, we must either cut out many desserts or learn to use the sugar substitutes. Honey, corn sirup, sorghum, molasses, and refiners' sirup are among the best and most easily procured substitutes. Various fruit sirups and the homemade beet-sugar sirup can also serve in some parts of the country.

The cupful or more of sugar that is usually required for a cake assumes large proportion when we are on a sugar ration. This fruit cake which depends upon sirup and raisins for sweetening will be found just as good as one using sugar:

Fruit Cake. 4 cupful shortening 1 teaspoonful salt 1 teaspoonful clove 1 cupful corn strup, sorghum, or refin- 1 teaspoonful ginger I teaspoonful cinnaer's sirup 2 eggs mon 2-3 cupful milk cupful chopped

2 teaspoonfuls va- raisins % cupful chopped % cupful rice flour nuts cupful barley 14 cupful chopped flour citron 2 teaspoonfuls bak-

ing powder

Mix fat and sirup; add egg yolks and milk. Put chopped fruit and nuts in batter and add dry materials sifted together. Fold in stiffly beaten egg whites. Bake in loaf or muffin tin. The raisins and nuts may be omitted and the mixture baked as a plain spice

Corn sirup can also be used in place of sugar as sweetening for cold drinks or for ices. This pineapple ice is excellent:

Pineapple Ice. A cupful grated pine- 1 lemon apple 13-5 cupfuls corn 3 cupfuls water sirup

Freeze as any water ice.

Lemon ple is also good made with corn sirup as sweetening for both the lemon filling and the meringue.

Lemon Pie Filling.

1 cupful corn strup, 3 tablespeonfuls or refiner's strup lemon juice lemon juice Grated rind 1/2 lemon 1 teaspoonful bytter 1 cupful water tablespoonfuls cornstarch 14 teaspoonful salt 2 egg yolks

Mix corn starch and salt with the cold water and cook over the flame until the starch is clear. Beat in the strup slowly to prevent lumping. Add beaten egg yolk, lemon juice and rind. Put in double boiler and cook.

Put the filling in a crust that has been previously baked, spread with meringue and brown in oven.

15 cupful corn sirup 14 teaspoonful salt cocked until it 1 teaspoonful vanilia forms a hard ball 2 egg whites (stiffly when dropped in cold water

Beat whites very stiff and beat in sirup. Pile lightly on top lemon filling and brown in oven.

For a chocolate pudding that calls for no sugar try this recipe:

Chocolate Pudding.

s cupfuls milk 4 teaspoonful salt 1 cupful corn sirup 2 squares chocata squares chooclate teaspoonful va-2 eggs 6 tablespoonfuls

Mix cornstarch with cold milk, add melted chocolate and sirup and cook until thickened. Pour into molds to cool. For chocolate pie or baked chocolate pudding, use slightly more liquid. Spread meringue on top and brown in

For baked apples or peaches the our lemonade and iced tea, and for used very satisfactorily in place of sugar.

A fruit whip, served very cold. makes an appetizing summer dessert. Prune Whip.

cupful sifted 2 teaspoonfuls lemprune pulp on juice 3 egg whites (stiffly % teaspoonful sait

6 tablespoonfuls sir-Wash the prunes and allow them to

soak in water until they regain their plumpness, Simmer until tender, in the water in which they soaked. Rub the pulp through a sleve. Add salt to egg whites and beat until very stiff. Fold in the sifted fruit pulp and the lemon juice. Add the sirup last, beating it in carefully. Chill and serve with cream.

Apricot or peach pulp or apple sauce may be used in exactly the same way. These are but a few suggestions for the use of sirups to save sugar. Try these and others. They can help make your sugar supply hold out.

OLD FRIENDS, NEW WAYS.

Remember that vegetables have their own particular part to play in the diet, which neither meats nor cereals nor fruits nor sweets can play. Green Corn Pudding.

This is a delicious way to serve either sweet corn or the tender field corn. A little sugar may be added to the field corn, if desired.

Husk and silk 12 good-sized ears of corn. Slice off half the kernel with a sharp knife, and with the blunt edge of the knife scrape out the milky part that remains on the cob. Add a tablespoonful of butter, salt and pepper, and three-quarters cupful of milk. Bakefor 45 minutes, allowing it to brown on top. This makes a creamy dish, which is best served in the pan or baking dish. in which it bakes,

Buttered Carrots. Wash and scrape small carrots and cut in narrow strips. Cook three cupfuls of the carrots in just enough water to cover. When carrots are tender and only a small amount of water remains, add a tablespoonful of butter Cook slowly until almost all of the remaining water has evaporated. The carrots will have a delicious flavor cooked this way and none of the minerals will be wasted. String beams cut in halves lengthwise or parsnips coin strips, are also good served this way.

A frying basket should be warmed in the oven before being put into hot fat. It will thus not reduce the temperature of the fat.