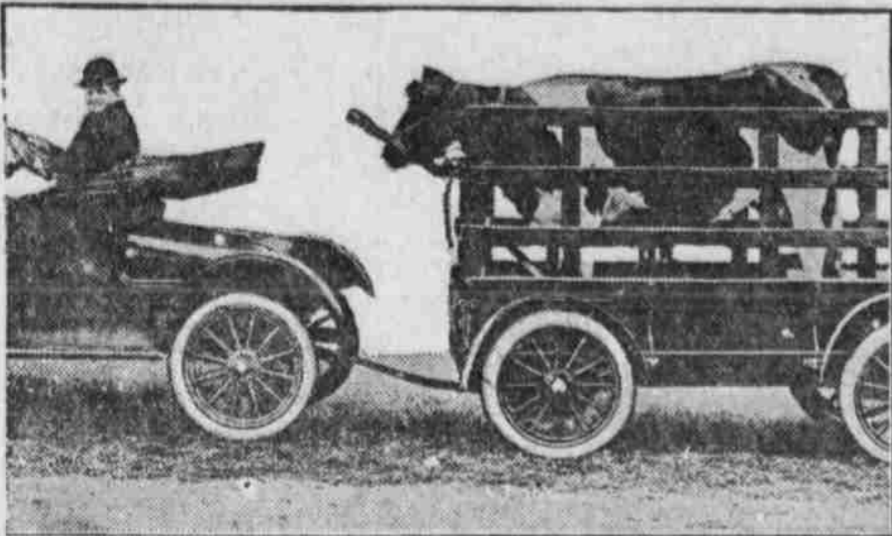


## Helping the Meat and Milk Supply

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

### COMFORT FOR THE TRAVELING COW



A Queen of the Dairy Rides in State to the Station.

## PROPER CARE OF DAIRY ANIMALS

Stockmen Must Make Special Efforts to Move Them With a Minimum of Loss.

### SHOULD BE FED REGULARLY

Every Effort Should Be Made to Expedite Railroad Movement of Cows During Their Time in Transit—Keep Comfortable.

Each fall an influx of springer or fresh cows enters dairying sections that seek more milk animals. Every effort should be exercised to expedite the railroad movement of the dairy cows during their time in transit and to provide all possible comfort for the animals en route, advise the dairy experts of the U. S. department of agriculture. Such care and attention will reduce mortality and will increase the production of the individual during her lactation period over the flow which generally obtains from the average cow that is carelessly "railroaded."

Valuable purebred cows should be moved as rapidly as possible by express service or by freight under the special system of loading described below, from origin to destination. Although the expense of expressage is four or five times as great as that of handling the animals by freight, the saving in animal comfort, shorter time in transit and better conveniences for feeding and watering the animals make the added expenditure advisable. As far as possible the animals should be shipped one or two months before they are due to freshen, as repeatedly fresh cows have been ruined so far as the subsequent lactation period has been concerned as a result of being shipped shortly after freshening or so as to calve in transit.

#### Care in Shipping.

Milk cows of grade breeding usually are shipped by freight. The experienced stockman selects only dry cows and far-springers for long shipments. Heifers which are not due to freshen until three or four weeks after arrival at destination make good "boys," as they are of a size and condition which permits of loading the car to capacity. Furthermore, immature animals are less susceptible to injury in transit and to damage as a result of a marked change of environment. If possible, only animals without horns should be shipped and in case any horned animals have to be moved they should be tied securely or penned apart in one end of the car to preclude the possibility of their injuring other animals during the journey. Similarly, where bulls are shipped in mixed loads these sties should be confined apart from the other cattle. Other conditions being equal, it is advisable to load about fourteen mature cows in a 33 or 40 foot car. A practical arrangement is to tie four cows in each end of the car facing the end walls, and then rough partitions can be installed so that two other rows of three cows each face a center alleyway between the car doors where the attendant can stay and extra feed and water be carried. This arrangement is more comfortable for the cows, as they ride and absorb the shock and jar better, while it is also simpler for the caretaker to feed the cows and clean out the car en route.

#### Ship in Cold Weather.

As far as possible the stock should be shipped during cold weather, advise the authorities of the U. S. department of agriculture, as cows handled during hot weather are liable to shrink appreciably in milk flow during the successive lactation period. Special precaution must be exercised in shipping cows during cold weather, to avoid exposure which will favor the contraction of pneumonia, usually a fatal disease among mature cow-stuff. At best it takes an animal about a year to become thoroughly acclimated to a warmer or colder climate than that to which it has been accus-

tomed, and on this account the movement should take place at a time of year when the temperature of the two points is as nearly equable as possible.

Dairy cows should be handled under normal conditions before and during the trip. They should be fed and watered at regular intervals, and if any of the animals are in milk they should be milked on schedule. It pays to feed grain and hay during a long shipment where the cows are accustomed to these materials. Simple provisions for the feeding of hay can be made by stretching small mesh hog wire along the side walls and ceiling of the car so as to form a wedge-shaped feeding bunk, which can be filled with hay in correspondence with the appetites of the cattle. Grain is a difficult material to feed in transit in a freight car where no special provisions are made to prevent wastage as a result of the tendency of the animals to move about where they are not halted in place. On long trips grain can be carried in the car and fed at points where the stock is unloaded. A competent attendant should always accompany the dairy cows. He should ride in the car with the stock, as often he can avert injury to the animals by prompt action in the car in case one of the cows gets down.

#### Water and Feed.

Several large barrels of water, as well as plenty of feed should be carried in the car as protection against delay or accident which may detain the train to the extent that without this feed the animals would go hungry or thirsty far beyond the 36-hour limit. Sand or cinders constitute the best bedding materials and during long trips fresh supplies of these materials should be placed in the car at unloading points whenever they are needed. In view of the high price of dairy cows at the present time, it is imperative that every stockman exert all effort to make for cow comfort in transit and to move the animals with a minimum of loss as a result of carelessness, lack of attention and inexperience in the cow shipping business.

## PROFITS FROM SURPLUS

Two sources of income from dairy cattle are worthy of consideration. One is represented by the sale of products, either milk or butterfat; and the other comes from the sale of surplus stock. Often the latter may amount to a considerable sum, even though the herd is composed of grade animals. The predominance of a certain breed in a community offers many advantages. A market is established which, because of the availability of large numbers of animals, attracts buyers from a distance, especially those who buy large consignments. Under such circumstances all surplus stock may be disposed of to better advantage and co-operative advertising also may be used effectively.

#### Raise Rabbits for Meat.

Rabbits, which have proved a valuable food source in Europe during the present war, may well be raised more extensively in America to reduce the drain on the ordinary meat supply, according to biologists of the U. S. department of agriculture. The animals may be raised in back yards of cities and towns as well as on farms.

The Belgian and Flemish giant rabbits are recommended for meat production, as the ordinary tame rabbit is smaller and develops more slowly. Rabbits are easily kept. They eat hay, grass, lawn cuttings and green vegetation of many kinds.

The department has published a bulletin on raising rabbits, which will be helpful to persons who wish to engage in this pursuit.

#### More Care Necessary.

The greater the number of birds kept upon any farm or plot of ground, and the more they are crowded together, the greater is the danger from contagion and parasites, and the more important are the measures for excluding, eradicating, and preventing the development of these causes of disease.

# IN THE LIMELIGHT

## CHIEF SEA SCOUT

James Austin Wilders, chief sea scout of the Boy Scouts of America, took his first degree in scouting from General Byng, the hero of Cambral. Later he visited Baden-Powell, and became so enthusiastic for the movement that he wrote to his home in Hawaii that he intended to inaugurate it there just as soon as he returned. When he arrived in Hawaii he was met by a boy scout troop. As soon as the boys in Hawaii heard what he was going to do they became so impatient that they couldn't wait for him.

The sea scouts, of whom Mr. Wilder is now chief, is a new organization designed to meet a new development in American life. We now have the second greatest navy and we shall soon have the greatest merchant marine in the world. Where are the Americans who will man this fleet? It now costs Uncle Sam \$2,000 to turn a landsman into a full-fledged jackie. But most of the training necessary can be done ashore. Lashing is a boy scout specialty. The swinging of lifeboats can be learned at any pier. It doesn't require a cruiser to teach seamanship and swimming, first aid to the injured or the fundamentals of discipline.

To be a sea scout one must be a thoroughly qualified scout first, and the natural sailors of the organization are clamoring to be admitted to the new degree. That Uncle Sam will need those natural sailors soon is being more and more appreciated, and equipment for a full course in sea scouting is rapidly being loaned or donated.



## JAPAN'S FOREIGN MINISTER



With the resignation of Viscount Ichiro Motono as minister of foreign affairs, the Downing street of Japan received as his successor a statesman totally different in type from those who had successfully held that portfolio. Baron Shimpel Goto, the present foreign minister of Japan, unlike his predecessors in the foreign office, is not a diplomat by training. He had never occupied any position, important or insignificant, in the consular or diplomatic service. In his school days he never studied international law or political theories. On the contrary, he was educated and trained to become a physician.

Baron Goto was born in 1857. Graduating from a local medical school, he was attached to a public hospital of which he eventually became the director. In 1883 he became assistant director of the bureau of sanitation in the department of home affairs. Then he went to Germany, where he won the degree of doctor of medicine from the University of Berlin.

Returning home in 1892 he was promoted to the directorship of the sanitation bureau. With his appointment in 1897 to the post of civil administrator of Formosa his opportunity for demonstrating his real abilities arrived. In 1906 he was made a baron and was given a seat in the house of peers. In the same year he resigned his post as civil administrator of Formosa and assumed his duties as the first president of the then newly organized South Manchuria Railway company.

In Manchuria he proved as successful as in Formosa. In the Katsura cabinet, organized in 1908, Goto was minister of communications.

## HE LISTS ENEMY ALIENS

Rufus W. Sprague, Jr., is the man who made the plans and organized the machinery for the registration of more than 300,000 German males, enemy aliens, who live within the jurisdiction of Uncle Sam. By these same plans about the same number of German women were card indexed later.

Mr. Sprague is now the head of the New York port enemy alien bureau. All the alien enemies within this district come under the jurisdiction of Mr. Sprague. If, after registering, they do not behave, or if they fail to register and are caught, it is his duty to see that they join kindred souls in one of the internment camps.

Mr. Sprague was born in Boston in 1875 and after a preparatory course in the Boston Latin school went to Harvard. In 1896 he received his A. B. and four years later was graduated from the Harvard Law school.

Then he went to New York and began practice in 1900 as junior counsel for the Equitable Life Assurance society. Three years of this, and he formed a law partnership with Walter E. Coe. A few years later the present law firm of Russel, Coe & Sprague was formed.



## CHAMPION NAVY RECRUITER



The United States navy is to have its first petticoated junior lieutenant in the person of Mrs. George Alexander Wheelock, chief yeoman and champion recruiter of the world. The bestowal of this rank is Mrs. Wheelock's reward for the 17,000 young men she has brought into the service in the past 18 months through her oratory.

She has made recruiting speeches all over New York city, in Buffalo, Syracuse, Binghamton, Cleveland, Pittsburgh, Philadelphia, Cincinnati, Columbus, Allentown and many other large places. She has given up her luxurious home for days at a time to "go on the road" in behalf of the navy. Her attractive auburn-topped figure has become an important feature of recruiting rallies.

The champion recruiter was not always accompanied by an escort of bluejackets and a band when she went recruiting. She began the work humbly and alone, speaking from the precarious perch afforded by a soap box or an orange crate. Later, as some of these failed her from time to time, she was sufficiently courageous to enter the nearest saloon and there seek recruits through her patriotic talks.

# The Housewife and the War

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

## RICE FLOUR TO SAVE WHEAT



The Flour is Made From Highly Milled Table Rice and From Broken Grains.

## HELP MEET NEED OF SUBSTITUTES

Rice Flour Being Used in Manufacture of Bread, Cookies, Cakes and Waffles.

## GOOD GOVERNMENT RECIPES

Now Being Made in Large Quantities to Save Wheat—Whiteness Makes It Particularly Useful to Baker and Caterer.

Rice flour, which before the wheat shortage was used only by caterers and bakers in small amounts, is now being manufactured in larger quantities to help meet the need of wheat substitutes.

The whiteness of rice flour makes it particularly useful to the baker and caterer, and in the effort to save wheat housewives are learning to use this product in breads, cakes, and cookies alone or combined with other substitutes.

The recipes which follow have been tested in the experimental kitchen of the department of agriculture, office of home economics, and the United States food administration, home conservation section.

#### Rice Flour Waffles.

1 1/2 cups rice flour 1/2 cups milk  
1 teaspoon salt 3 tablespoons melted butter  
2 teaspoons baking powder 3 eggs

Sift the dry ingredients together and add slowly to the milk, beaten egg yolks, and melted fat. Fold in stiffly beaten whites and cook in hot well-greased waffle irons.

#### Shortcake.

1 1/2 cups rice flour 4 tablespoons short-cake  
4 teaspoons baking powder 1 egg  
1 teaspoon salt 1 cup milk

Mix as you would muffins, bake in layer cake tin, split, and butter while hot. Put a layer of sweetened berries or other fresh fruit between the halves and on top.

#### Chocolate Nut Cookies.

1/2 cup corn syrup 4 tablespoons barley flour  
3 tablespoons honey 1 teaspoon baking powder  
2 squares chocolate 1/2 teaspoon salt  
10 tablespoons rice flour 1 teaspoon vanilla  
1/2 cup chopped nut meats

Mix and drop by the spoonful on greased baking sheets. Bake 15 minutes.

#### Sponge Cake.

3 eggs (yolks and whites beaten separately) 1 1/2 teaspoons baking powder  
1/2 cup sugar 2 teaspoons lemon juice  
1 tablespoon hot water 1 teaspoon vanilla  
1/2 teaspoon salt 1/2 cup rice flour

This sponge cake can serve as the basis for many desserts. Bake as a loaf cake or in muffin molds. Baked in a thin sheet, spread with soft jelly, and rolled it makes a delicious jelly roll. Serve with a sauce.

Bake in layers and fill with custard filling for a Martha Washington pie or use for a shortcake with fresh fruit between the layers.

#### Rice-Flour Cake.

1/2 cup fat 1/2 cup milk  
1/2 cup sugar 1 teaspoon salt  
2 eggs 2 teaspoons baking powder  
1/2 cup ricad boiled potatoes packed compactly into a cup 1 1/2 cups rice flour  
1 cup 1 teaspoon vanilla

Mix and bake in muffin molds for cup cakes or in layers or loaf. If baked in layers, a lemon filling is good with it.

Variation.—For chocolate cake, add two squares of chocolate to the above recipe.

For spice cake, add one teaspoonful cinnamon, half teaspoonful nutmeg, and one teaspoonful spice.

#### Quick Nut Bread.

1 cup milk 1/2 cup mashed potatoes  
3 tablespoons melted butter 1/2 cup barley flour  
1/2 cup fat 1 1/2 cups baking powder  
4 tablespoons corn 4 teaspoons salt  
1/2 cup sugar 1 teaspoon vanilla  
2 eggs 1 cup chopped nuts

Mix in order given. Bake in loaf pan in a moderate oven for one and a quarter hours.

#### Yeast Bread.

Fifty per cent wheat flour and 50 per cent substitutes.  
1 1/2 cups liquid 1 tablespoon corn syrup  
1/2 cup mashed potatoes 2 teaspoons salt  
1 1/2 cups wheat flour 1 1/2 cups barley flour  
1/2 cake yeast 1 1/2 cups rice flour

Make a sponge of all the ingredients except the rice and barley flour. The potatoes used should be freshly mashed with no fat or milk added. The water in which they are cooked can be used for the liquid. Let this sponge stand in a warm place until very light. If dry yeast is used, set the sponge the night before it is needed.

Add rice flour and barley flour when the sponge is light. Knead and let rise until double in bulk. Knead again, form into loaf and allow to rise until bulk is again doubled. Brush over the top of loaf with melted fat before putting it to rise.

All breads made with substitute flours are better if baked in single-loaf pans or in rolls or buns.

This recipe will make one large loaf. Bake for one and a quarter hour in a hot oven.

#### Goats Save Babies.

The vocation of a certain Virginia minister is to save souls. For an avocation he saves lives. He confines his soul-saving operations to his congregation, while his life-saving activities cover the state at large. A large number of robust, vigorous babies owe their health to the milk produced by milk goats which this minister made available to the parents of these formerly puny and sickly infants. The novel scheme which this goat keeper practices is to rent out fresh does to families with sickly children. The renter pays a given amount for each day's use of the doe, furnishes and feeds materials in such amount as the owner directs and signs a contract which makes him responsible for the full value of the goat in case of accident. The renter also pays the expressage on the goat from the point of origin to and from his home.

In the main, these goats are maintained at a cost of approximately 5 cents a day; oats, corn, clover and alfalfa hay, browse and sanitary table scraps constitute their ration. This, of course, is contrary to the general supposition that the average milk goat possesses a tin-can appetite and a back-alley disposition. As a substitute cow for babies the milk doe is extremely efficient, says the United States department of agriculture. She will produce consistently for a period of from eight to ten months between two and two and one-half pounds of good quality milk a day, which is highly effective where it is used intelligently in decreasing infant mortality due to malnutrition.

#### Food Inspectors Help.

The housewife can see at a glance how much food she is to get for her money when it is in package form and labeled in accordance with the provisions of the federal food and drugs act, say the officials of the bureau of chemistry of the United States department of agriculture, charged with the enforcement of that law. The federal food and drugs act provides that all food in package form, shipped into interstate or foreign commerce, shall bear on the labels a plain and conspicuous statement of the quantity of the contents of the package, in terms of weight, measure or numerical count.

Federal food inspectors are always on the watch for interstate shipment of food in package form, to see that the labels tell the truth with respect to the quantity of food in the packages. Several samples are taken from each shipment in order that their average weight may be determined. If the packages are found to be short in weight or measure, the party responsible for the shipment may be prosecuted under the criminal section of the law.

The act does not apply to foods which are sold and consumed within the state where produced or manufactured, but to those that are shipped from one state to another, or to or from a foreign country, or manufactured or sold within the District of Columbia or a territory. Many states have net weight or measure laws, however, which protect the housewife from short weight or measure in package foods produced and sold within the state. Federal and state food officials co-operate in the work of enforcing these laws in order that abuses which cannot be reached under one law may be corrected under the other.

Children should never be allowed rich and heavy preserves.