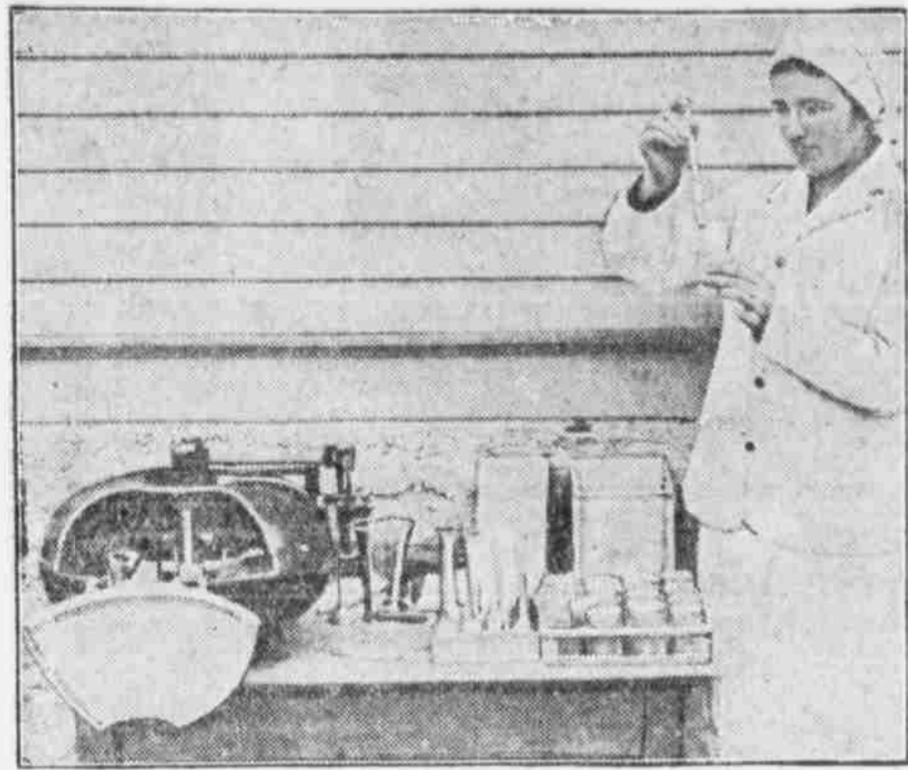


## Helping the Meat and Milk Supply

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

### WOMEN MEET NEED FOR COW TESTERS



A Woman Cow Tester With Equipment Used in Her Work.

## WOMEN WORKING AS COW TESTERS

Twenty-Seven Now Performing Work Reported by Specialists as Above Average.

### IMPORTANT TASK OF DAIRY

Associations Would Increase if More Testers Were Available—Some Training That is Easily Acquired is Needed.

The twenty-seven women now employed as cow testers by some of the 353 cow-testing associations in this country not only have done satisfactory work, but have achieved results above the average, according to dairy specialists of the United States department of agriculture.

The main reason why women have begun to do this work is the scarcity of cow testers. Most of the testers at work when the war began were young men and many of them are now in military service. Because of the shortage of workers the past year has seen the number of cow-testing associations—organizations of farmers who want to keep records of their herds—decreased from 472 to 353, although there has been an increased demand for such associations, and it is believed the number could easily be doubled if enough testers were available. The work does not require great physical strength. It does demand some training, but this is easily acquired by women.

The first woman cow tester in the United States, Miss Bessie Lipsitz, began work less than three years ago with a cow-testing association in Grant county, Wisconsin. Wisconsin now has 18 women cow testers, Iowa six, and three other states have one each.

#### Demonstrates at Dairy Show.

At the national dairy show in Columbus, O., Miss Ruby Hawn, one of the women cow testers of Wisconsin, gave daily demonstrations of the tester's work that attracted considerable attention and brought much favorable comment. She explained the details of the work and demonstrated all parts of it by going through each operation precisely as she had done hundreds of times before while at work in her association in northern Wisconsin. She always had attentive audiences and proved that a woman can do the work just as well as a man. When asked if women can handle the feeding problems as well as men, she replied: "They can learn."

#### Women to Stay in Work.

Considering that the testers get free board and lodging, the pay is thought to be satisfactory. The women cow testers are paid the same as the men and receive from \$50 to \$75 a month besides board and lodging. Conveyance to the next farm is furnished in some associations, while in others the tester provides her own conveyance and the farmers furnish free stable room and feed for her horse.

The employment of women as cow testers came as a war measure. To keep the work on a satisfactory basis, women must continue to receive the same pay as the men for the same work.

How to obtain more testers is a serious problem. Partially disabled soldiers, in some cases, may be induced to take the necessary training and enlist for the work. The most radical step, however, and the one that promises the most far-reaching and immediate results, is the employment of women as cow testers.

#### To Make Smithfield Hams.

The hams are placed in a large tray of fine Liverpool salt, then the flesh surface is sprinkled with finely ground crude saltpeter until the hams are as white as though covered by a moder-

ate frost—or, say, use three to four pounds of the powdered saltpeter to the thousand pounds of green hams.

After applying the saltpeter, salt immediately with the Liverpool fine salt, covering well the entire surface. Now pack the hams in bulk, but not in piles more than three feet high. In ordinary weather the hams should remain thus for three days.

Then break bulk and result with the fine salt. The hams thus salted and resalted should now remain in salt in bulk one day for each and every pound each ham weighs—that is, a ten-pound ham should remain ten days, and in like proportion of time for larger and smaller sizes.

Next wash with tepid water until the hams are thoroughly cleaned, and, after partially drying, rub the entire surface with finely ground black pepper.

Now the hams should be hung in the smokehouse and the important operation of smoking begun. The smoking should be done very gradually and slowly, lasting 30 to 40 days.

After the hams are cured and smoked they should be re-peppered, to guard against vermin, and then bagged. These hams improve with age and are in perfection when one year old.

## FEEDING RULES

A few simple guides for feeding may be summarized as follows:

1. Under most circumstances the cow should be fed all the roughage that she will eat up clean, and the grain ration should be adjusted to the milk production.
2. A grain mixture should be fed in the proportion of one pound of each three pints or pounds of milk produced daily by the cow, except in the case of a cow producing a flow of 40 pounds or more, when the ration may be one pound to each three and a half or four pounds of milk. An even better rule is one pound of grain each day for every pound of butterfat that the cow produces during the week.
3. Feed all the cow will respond to in milk production. When she begins to put on flesh, cut down the grain.

#### Roots Supply Succulence.

The chief function of roots in cattle feeding is to supply a succulent feed. Under general farm conditions the quantity of nutrients grown per acre in root crops is small in comparison to the cost of production. These root crops, however, can be preserved during the winter equally well whether large or small quantities are fed each day, and therefore have special application when only a few cows are to be fed. Of the different root crops, mangel wurzels furnish the greatest yield per acre. Other kinds of beets and turnips and carrots may be used. Turnips, however, should be fed after milking rather than before, as they cause a bad flavor before milking. Carrots impart a desirable color to the milk.

#### Satisfy Cow's Appetite.

The problems involved in winter feeding are usually distinctly different from those of summer feeding. Pasture (or green feed), usually the basis of summer feeding, is not available. Broadly speaking, there are two factors involved in this problem, first to satisfy the needs of the cow and, second, to suit the pocketbook. The cow must have an ample supply of feed of a palatable nature, and this feed must be supplied at a price which will permit a profit on the feeding operation.

Permitting the hog to feed himself does not have the drawbacks to which such a system would be liable in the feeding of other kinds of animals, for he does not gorge himself until he becomes sick or loses his appetite.

# OUT-OF-ORDINARY PEOPLE

## EBERT, NEW GERMAN CHANCELLOR



Friedrich Ebert, the new German chancellor, was vice president of the German social democrats and president of the main committee of the reichstag. Born at Heidelberg in 1871, the son of a tailor, he became a harnessmaker. Later he was editor of a socialist newspaper, and he has been prominent in the party councils for many years. He became a socialist member of the Bremen city council in 1900.

In 1912 he was sent to the reichstag from Bremen. In 1913 he was elected leader of the party to succeed August Bebel, who died.

During the greater part of the war Ebert joined Scheidemann and other socialists, who supported the war, against the small and persecuted faction headed by Liebknecht, who opposed it, with the result that Ebert has been looked upon by radical socialists all over the world as a renegade from socialist principles and an instrument of German autocracy.

The fact that the working men and soldiers of Germany are forming councils in every city and district and that these councils are taking command of the local government indicate to government officials here that Germany is preparing to establish a social democracy in which the fundamental governing power lies with the local councils, and proceeds from them to state and national councils which in turn will have power to control the administrative officials.

Hasty review of Ebert's speeches during the last few years indicates that this is the form of government to which he is committed. In this it is said he has been opposed to Scheidemann, who has favored a constitutional monarchy.

## YANKS AND BRITONS TOGETHER

John Galsworthy, the English novelist, believes that the peace and welfare of the world largely depend upon the Americans and British getting together. A good many other people think the same thing. Mr. Galsworthy says in the Yale Review: "Under the pressure of this war there is, beneath the lip service we pay to democracy, a disposition to lose faith in it because of its undoubted weakness and inconvenience in a struggle with states autocratically governed; there is even a sort of secret reaction to autocracy."

"On those lines there is no way out of a future of bitter rivalries, chicanery and wars, and the probable total failure of our civilization. The only cure which I can see lies in democratizing the whole world and removing the present weakness and shams of democracy by education of the individual conscience in every country. Good-by to that chance if Americans and Britons fall foul of each other, refuse to pool their thoughts and hopes and to keep the general welfare of mankind in view. They have got to stand together, not in aggressive and jealous policies, but in defense and championship of the self-helpful, self-governing, 'live and let live' philosophy of life."



## AMERICA MUST FEED STARVING



The name of Herbert Hoover, American food administrator, is a household word among hundreds of millions of people. It is now to become even more widely known. For it now looks as if the United States will have to feed vanquished as well as victors. And Herbert Hoover is to be at the head of the work.

In keeping with our national reputation for high ideals we must divide our bread with the hungry, no matter who the hungry may be. Much of Europe is reported to be facing actual starvation. Besides, we must keep the Germans alive in order that they may be able to pay the debts they owe to civilization and humanity.

Mr. Hoover has gone to Europe as America's special representative to organize a system of food relief in co-operation with the various governments concerned.

The first work will be to perfect and enlarge the arrangements for foodstuffs to the populations in Belgium and France now being released.

The second portion of Mr. Hoover's mission is to organize and determine the need of foodstuffs of the liberated peoples in southern Europe—the Czechs-Slovaks, the Jugo-Slovaks, the Serbians, Roumanians and others. An adequate food supply will assist the governments set up to maintain order.

## ADEQUATE MACHINERY FOR PEACE

Former President Taft is the foremost champion of the League to Enforce Peace.

"We don't have to argue for a league to enforce peace now," he says. "The war developments recently have been of such a nature that the congress of nations which will shortly meet to agree upon peace terms will have to create such a body in order to see that the convention terms are complied with."

"We know that we have got to rearrange the map of Europe, and, in so far as it is practicable in that arrangement, to follow popular choice of the people to be governed. But such a flowing phrase will not settle the difficulty, and after the congress shall have made the decisions, sore places will be left, local enmities will arise, and if that permanent peace which justifies the war is to be attained, the world compact must itself contain the machinery for settlement of such inevitable disputes.

"Germany and Austria and Bulgaria and Turkey are to indemnify the countries which they have devastated. Commissions must be created, judicial in their nature, to pass upon the amount of the indemnity, and then an international force must exist to levy execution."



## The Housewife and Her Work

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

### EXTENSION WORKERS HELP COMBAT INFLUENZA.



Regulars and Volunteers in an Extension Kitchen Preparing Food for the Sick.

## YEOMAN SERVICE BY HOME AGENTS

States Relations Workers Do Not Hesitate When Called Upon for Help.

### MAKE FIGHT ON INFLUENZA

Special Food Prepared by or Under Their Direction for Sick—Open Hospitals and Supply Nurses in North Carolina.

When the influenza epidemic made it impossible to hold meetings of any kind, the home demonstration agents all over the country, in response to the call for trained, intelligent help, went to the rescue and have been doing yeoman service throughout the fight to gain the upper hand of the "flu."

#### Knowledge of Foods.

Particularly valuable has been these women's knowledge of foods and diets. Vast quantities of broth, egg lemonades, custards and other good things have been made ready for the sick by the energetic agents and workers. Of much importance is aiding to combat any disease are nourishing and proper foods.

Six hundred and sixteen pounds of beef and chicken were, in a short time, in the kitchen of the states relations service of the department of agriculture in Washington, turned into broth. Dozens of eggs and gallons of milk went from the same kitchen to the hospital in nourishing guises. Volunteers aided those on the staff.

The entire charge of the food sent those ill from the influenza from one of the emergency centers in Washington, as well as the feeding of the doctors and nurses there, was under the direction of the states relations service kitchen.

Another particularly valuable kitchen was one established in Tampa, Fla., for the relieving of influenza patients there.

#### Splendid Work in North Carolina.

Agents in several counties, it is reported from Raleigh, opened and operated diet kitchens, co-operating with the Red Cross in furnishing proper nourishment to the sick, while agents connected with the department of agriculture in other counties have supplied hot broth either directly to the families of the afflicted or by boys scouts under Y. M. C. A. direction.

A home demonstration agent for Cabarrus county, North Carolina, writes: "I came to Kannapolis this morning to turn our cannery building into a soup kitchen. It is ideal for the purpose. There are over 800 people absent from the mill today, which will show you how our efforts are needed. The Y. M. C. A. director is having our soup distributed by the boy scouts, and we are sending it out in glass jars, fitted into the pasteboard boxes in which they were bought. This keeps the soup hot."

#### Act as Emergency Nurses.

The central district agent in North Carolina is nursing in the emergency ward at the State College of Agriculture and Engineering; the eastern district agent has been emergency nurse for members of the extension service sick in Wilson; a specialist is in charge of the diet at the same institution and is in close touch with the local Red Cross chapter, which supplies many forms of nourishment.

Emergency diet kitchens have been established in the domestic science department in the high school at Asheville, and in the courthouse at Whiteville, Washington, N. C., also has a kitchen operated by a home demonstration county agent who reports: "We keep open until far into the night, and we have been able to fill a real need."

### PLENTY OF FRESH AIR IS HEALTH INSURANCE

Do not close up the house the first cold day. The best protection against colds and influenza is plenty of fresh air.

Open all the doors several times a day and thoroughly air the whole house.

Fresh air is more quickly heated than stale, hence it saves fuel as well as health to have good ventilation.

All winter leave at least one screen in a window in each room. Cover it with muslin—an old flour sack is excellent for this purpose. In this way fresh air is secured without a draft and dirt is kept out.

Sleep at night with the windows open. The body replaces the waste of the day during the sleeping hours and plenty of oxygen is its first aid.

#### Cook Dried Fruit Proper Way.

Unless dried food is prepared in a palatable fashion, families will tire of it and it will be wasted. This will react unfavorably on the gardens for next year and on the drying campaign. The main difference between dried and fresh food lies in the proportion of water they contain. Therefore the first step in preparation is to put back water about equal in amount to that lost during drying.

One reason why dried foods have been unpopular is that they so often have been undersoaked and overcooked. When the time of soaking is long, and that of cooking short, the flavor will be more like that of fresh food.

Shape and texture must be considered, the more solid the article the longer the time required for drying, and hence the longer the period of soaking required. After washing, such foods should be put into three or four times their bulk of water and left covered in a cool place from three to forty-eight hours, according to their substance. Should any indication of fermentation appear, they must be scalded at once. Otherwise leave them until they regain their original size or lose most of the wrinkles in the surface; then the time of cooking will be but little longer than that needed by the same fruit or vegetable fresh from the garden.

The water in which fruits have soaked should be used to cook the food. In case of high-flavored fruits, like the apricot, more water may be used for cooking and that in which it soaked will serve to give flavor to tasteless apples or a gelatin dessert.

#### Buying New Equipment.

Is it easy to keep clean and will it lessen labor and save your time? These are the two pertinent points when buying new equipment.

Because an article is widely advertised does not guarantee that it will be of practical use to the housekeeper. There are so-called labor-saving devices on the market which add to the time and labor because they are complicated to operate and difficult to keep clean. The economy of any utensil or tool is that the housekeeper is able to finish a task more quickly and easily with it than without.

The department of agriculture advocates that the necessity to conserve fuels indicates the wisdom of buying one of the cooking devices for saving fuel if such is not already included in the equipment. These include the fireless cooker, the pressure cooker, compartment steamer and the triple saucepans to fit over one gas plate or oil burner.

A pint of boiled rice added to each two quarts of mince meat, cooking the ingredients thoroughly together, will reduce the quantity of meat required and proportionately the expense. The product is also equally delicious.