

POEM BY UNCLE JOHN



THROW AWAY THE SOCK

When you get to feelin' doubtful in the region of your spine, an' yer appetite rebukes ye, every time, you try to dine,—an' a double dost of shivers that insist on bein' felt, sorter skallyhoots around ye in the region of yer pelt—An' you get to actin' crossways, which you never used to do, till you wonder if it's smallpox or the everlastin' flu.

Then, you better get some goose-grease an' some turpentine an' lard an' soak yer achin' carcass with a rub that's extry hard; an' take a woolen stockin' that you've wore a week or two an' wrop around yer goozle like your daddy used to do . . . A whoopin' dost of pepper-tea afore you go to bed, which will clarify the rusty musty feeling in yer head—Ef this don't seem to help ye, then I'd throw away the sock, an' fumigate the premises, an' telephone the Dock!

SPECIALY WRITTEN FOR RURAL READERS.

INFORMATION ABOUT AGRICULTURAL SUBJECTS FROM RELIABLE SOURCES

The state agricultural college, in its butchering bulletin No. 52, recommends the following receipts.

CORNED BEEF

Ingredients: Beef (preferably plates) regular ham and bacon pickle. Beef plates may be cut into squares about 6 inches across for corning or whole piece boned, rolled and tied. Rub the meat with salt, put it in a clean hardwood barrel or crock and add the sweet pickle. The meat may be left in the brine for a month. It is at its best after ten days curing.

SCRAPPLE

Scrapple is made just as head cheese until the bones are removed and the meat chopped, when the liquor (soup) is added and the dish returned to the stove to boil. Corn meal is then stirred in until the contents are as thick as corn meal mush. Stir constantly for fifteen minutes. Then set it back on the stove to boil slowly for an hour. Pour into a shallow dish to mold. When cold it is sliced thin and fried.

HEAD CHEESE

20 pounds pork (heads, feet, tails, neck bones, hearts, tongues, etc.)
5 pounds beef (cheeks are preferable) shanks, tails, etc.)
¼ pound pepper
½ pound salt
¼ ounce allspice
¼ ounce cloves
½ ounce caraway
4 pounds soup

Boil the meat for two or three hours, or until the meat can be easily picked from the bones. It is then cut up by hand into quarter or half inch cubes. Add the seasoning and four pounds of the soup in which the meat was cooked. Onions may be added but they detract from the keeping quality of the meat. Stuff in beef "straights" or spread out in a pan. Press the mass together with a weighted board while it cools. Serve cold with vinegar, or fried.

The potato growers who raised good seed potatoes on dry land in northwestern Nebraska, especially those that raised certified seed potatoes are not complaining about the prices of their product this year. Probably cer-

tified seed potatoes are selling at a relatively higher price than any other agricultural product raised in Nebraska this year. In 1921 the Nebraska Agricultural college certified 45,000 bushels of seed potatoes that were grown on dry land in western Nebraska. These potatoes were required to meet the requirements of two very rigid field inspections and one bin inspection. They must also pass inspection by the state car lot inspector when they are shipped. Varietal purity, truthness to type, vigor, and freedom from disease are considered in certifying seed potatoes. Most of the potatoes certified in western Nebraska are of the Triumph variety which is in great demand in the south where this variety is grown for the early market.

The executive committee of the Nebraska Farm Bureau federation at a special meeting held in the Lincoln office January 13, adopted the working program of the federation for the year of 1922. In addition to the appointment of the committee named to study tax questions and the question of expenditures, the Bureau will assist in the organization and promotion of co-operative marketing and co-operative industries; will continue its practice of entering appearances before rate making bodies in hearings affecting freight and telephone rates and kindred affairs, take referendum votes among the members on pending legislation as well as proposed legislation; study plans for a state income tax; urge a constitutional amendment for the classification of tangible property, and get behind legislation looking to a more adequate rural credit system. The board also went on record as favoring a restriction of the present road building program.

H. D. Lute was reelected secretary of the Nebraska Farm Bureau federation at a special meeting of the board held last week. Mr. Lute comes from Paxton, where he is a large ranch owner, and was selected secretary of the Federation at the time organization work was started in this state in July, 1920. Lute was also named as treasurer giving him the title of secretary-treasurer. Since becoming identified with the Federation he has devoted all his time and efforts to its cause. He was a delegate from this state to the two big Chicago conferences at which the plan of the U. S. Grain Growers was ratified, and later when the report of the Farmers Live Stock marketing committee of Fifteen report was adopted. He has also appeared before the interstate commerce commission in the matter of freight rate reductions, and this week is attending the agricultural confer-

ence at Washington called by Secretary Wallace taking the place of President Norton who was prevented from attending by reason of a death in his family.

President Norton of the Nebraska Farm Bureau federation has appointed a committee to study the matter of taxation during the coming summer as well as the matter of public expenditures. This committee will make a thorough study of these questions untainted by political influence or partisan prejudices. The committee is composed of Hon. H. L. Keefe of Walthill; C. Y. Thompson of West Point; John P. Davis of Geneva; H. C. Filley of the State Agricultural college, and F. M. Dewese of the Farm Bureau federation legal department. Keefe and Dewese are both farmers and lawyers and are competent to view tax matters from every angle. H. C. Filley is an authority on tax matters and has been a contributor of articles on tax questions to leading publications. Thompson and Davis are among Nebraska's most successful farmers and are men big and broad enough to study these questions from unbiased standpoints. "Any recommendations made by this committee," said Nebraska Farm Bureau federation headquarters, "will be made from the standpoint of doing the most people the most good not with the idea that the political fortunes of any particular class of men or parties will be advanced or defended."

A pioneer in a new type of boys' and girls' clubs has been in operation for the last eight months in Salisbury, Litchfield County, Conn. It is called the "Normal Weight Club" and is under the supervision of the state nutrition specialist and the assistant state agricultural college and the United States department of agriculture. The local leader is an older club member.

The object of the club is to bring the twenty-four members, who are girls ranging in age from 9 to 15, up to normal weight by correct food and health habits. At a monthly meeting of the club each member is weighed in the presence of the others, gains or losses are noted, and comparisons made with other members and with the record for the previous month. Losses are carefully studied and the local leader gives suggestions as to how gains may be produced. The local leader is assisted by specialists from the county and state offices.

The club members discuss among themselves the various factors affecting weight. One of the valuable aspects of this type of work is that the club members have been able to change radically the food habits in many of their homes, as most of the girls assist with the cooking. Through the club they bring into their homes the most up-to-date information on food and health. Records are kept of the amount of night sleep and daytime rest each member gets and of the quantity of potatoes and other vegetables, fruit, milk, eggs, meat, and fish eaten. Note is also made of the amount of water drunk and of the candy, coffee and tea consumed. Emphasis is put on general hygiene, the value of fresh air, and eating at the proper time, and studying what makes a well-planned diet.

The average gain per member in eight months has been seven pounds. The state club leader from New Jersey made a special trip during January to study the methods used in this club with a view to starting similar clubs in New Jersey.

Dixon Optical Co., tests eyes.

BRED SOW SALE

Duroc Jersey.

The University of Nebraska Experimental Substation will hold its annual bred sow sale at the Experimental Substation farm, three miles south of North Platte at 1:30 p. m. (central time) Tuesday, February 21, 1922. The offering will consist of about 25 pure bred gilts and tried sows, and also a few very choice 1921 fall boars by a son of Great Orion Sensation. The gilts carry a large amount of Great Orion Sensation blood. They are well grown but not fat. Some are bred to a son of Royal Pathfinder, the others to a son of Colonel Sensation. We believe you will like these hogs and we are certain they have the breeding, type and care that should give satisfactory results.
W. F. SNYDER, Supt.

J. S. TWINEM M. D.

Homeopathic Physician & Surgeon
General Practice and Construction Surgery
Hospital Accommodation
Platte Valley Hospital
Former Name Twinem Hospital.
NORTH PLATTE, NEBR.

FOLKS YOU KNOW

Paul Mickelson returned from Denver today.

J. J. Halligan returned from Lincoln Wednesday.

Victor Halligan returned Wednesday from Grant.

Dixon Optical Co., glasses fitted.

Jess Smith transacted business in Sutherland Tuesday.

Arthur Yates returned to his home in Sutherland today.

Clinton & Son, The Eye Glass Men, Service and Satisfaction.

Art Curtis left for Lexington Wednesday to transact business.

Sheriff Salisbury transacted business in Sutherland Tuesday.

Mrs. Gus Johnson of Gothenburg shopped in the city Wednesday.

Did your wife tell you to subscribe for The Tribune?

Frank Melvin of Flats transacted business in the city yesterday.

Emma Downing of Tryon shopped in the city the first of the week.

Mrs. Howard Spencer of Wallace was a Wednesday shopper here.

C. R. Nelson of Chappel was in the city for medical treatment Wednesday.

Mrs. Will Watter of Brady arrived Wednesday to visit Mrs. Ollie Salisbury.

Dr. L. J. KRAUSE, Dentist, X-Ray Diagnosis, McDonald Bank Building, Phone 97.

Mr. and Mrs. Ray Ramy of Wallace transacted business in the city Wednesday.

Mrs. George Parker of Maxwell was in the city Wednesday for medical treatment.

You can let the children read The Tribune. They will not find anything in it that will be offensive.

Tom Young of Madrid arrived yesterday to attend the funeral of his mother, Mrs. Elizabeth Young.

Ben Young of Wallace arrived yesterday to attend the funeral of his mother, Mrs. Elizabeth Young.

Don't Tell Every Thing.

The North Platte American Legion Basket Ball team will play the Hershey American Legion team at the Legion Hall Friday.

W. M. Terry of Paxton arrived Wednesday to visit his daughter Helen Terry, who recently underwent an operation at the Platte Valley Hospital.

Mr. and Mrs. Frank Wyfan and family returned to their home in Missouri Valley today. They were called here by the death of Mrs. Wyfan's mother, Mrs. Mary Stebbins.

The I. F. F. Club of Lincoln County Center held a very interesting patriotic meeting last Thursday at the home of Mrs. H. C. Rahmeyer, south of town. The first part of the afternoon was spent in discussion of birthdays of notables which occur in February. In a guessing contest of old riddles, Mrs. J. E. Schram, Jr., won first prize. After which all indulged in the dirty eats the hostess had prepared.

Uncle John's Joke

MIGHTY FEW MEN GO BROKE WHO KNOW HOW TO ADVERTISE.



Farm Bureau Exchange List.

All paid-up Farm Bureau Members are entitled to a maximum of one column inch of free advertising for seed, feed, livestock and second-hand farm machinery. These ads to run for two consecutive issues of The North Platte Semi-Weekly Tribune. This service is paid for by Farm Bureau Membership money and for that reason is not available for those who are not paid-up members. Send your lists to the County Agent's Office at North Platte, Box 233, where the County list will be compiled for the paper. The greater the number the greater the service to the County.

For Sale—One milch cow. A. S. McClymont, North Platte.
Gregg, North Platte.

Wanted—Farms for rent. County Agent, North Platte.
For Sale—Hereford bulls. Fred

E. R. Goodman, Pres. N. E. Buckley, Sec.-Treas.

Goodman-Buckley Trust Co.

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Tuesday and Friday

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