

Sister MARY'S KITCHEN

Few family dietaries contain enough fruit. It usually is served only at breakfast. Consequently the practice of serving fruit salads and fruit desserts is decidedly commendable from a health standpoint.

Fruit salads seem to be an especially happy choice for fall menus. They fit in equally well for luncheon or dinner and are generally popular.

Children ordinarily are fond of fruit salads and they are a wholesome and thoroughly satisfactory concoction for the juniors. Care should be taken that any inedible portions, such as the seeds of grapes and raisins, are removed.

Very often a salad can be made up of odds and ends of fruit that otherwise might go begging. One orange, one banana and two pears or an equal quantity of some other fruit will make enough salad for four persons, but used alone the fruit would be inadequate for a meal.

Fresh and canned fruits also can be combined with good results. The dried fruits—dates, prunes and raisins—are available and are an acceptable addition to many fresh or canned fruit combinations.

Avoid Too Many Fruits
The perfect fruit salad does not use too many fruits in its com-

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TOMORROW'S MENU
 + Breakfast—Grapes, cereal, cream, baked sausage, bran muffins, milk, coffee.
 + Luncheon—Scalloped oysters and macaroni, pineapple-pear-and-peach salad, toasted muffins, brownies, milk, tea.
 + Dinner—Fresh ham steak, baked bananas, succotash, tomato and sweet pepper salad, cup cakes filled with ice cream and covered with fresh peach sauce, milk, coffee.

position. However, when it's a "family affair" and a matter of economy, variety can be used with good effect.

Always be sure to include one tart fruit in the salad combination. This prevents a tasteless, uninteresting mixture and insures a pleasingly piquant and appetizing salad.

The dressing is of utmost importance. A delicacy of flavor is essential in order not to overpower the taste of the fruits. The dressing must be just tart enough to blend with the fruit, the salt and sugar bring out the distinctive fruit flavor, the fat light and pleasantly noticeable, and pepper and mustard used sparingly. Whipped cream is often used with standard dressings to gain the blandness so desirable, or special dressings can be made. The custom of combining whipped cream with a mayonnaise or rich cooked dressing makes a dressing that is exceedingly rich, a bit too heavy for the dinner salad.

The following rule is for a dressing especially adapted to fruit salads. It uses the juice from canned fruit to advantage with lemon juice added for piquancy. Slightly salted whipped cream can be added as a garnish when the salad is ready to serve.

Fruit Salad Dressing
 Four tablespoons pear, peach or pineapple juice, 4 tablespoon lemon juice, 3 tablespoons sugar, 1/2 teaspoon salt, 2 eggs.
 Beat eggs just enough to blend whites and yolks. Add sugar, salt and fruit juices. Cook in a double boiler, stirring constantly until thickened. The mixture should coat a metal spoon. Cool quickly in a pan of cold water.
 French dressing made with lemon or orange juice in place of vinegar is always delicious over fruits.

Nebraska Opens Bird Reserve on River Island

Niobrara, Neb. — (UP) — On Niobrara island, in the Niobrara river, wild birds abound under protection of the Nebraska law.

Three hundred acres of land has been set aside as a bird reserve, and the propagation of wild bird life is encouraged. Wild turkey, Hungarian partridge, bluebirds, the scolding flicker, the blood-red cardinal are among the 22 varieties that may be found on the bird paradise.

Robert Cash, deputy game warden who watches over the reserve, has planted 50 acres to grain—corn, kafir, millet, sunflowers—and the birds will do their own harvesting.

The Real Sufferer.
 From Passing Show.
 Little Boy (looking at his mother's new fur coat): How that poor beast must have suffered that you could have such a fur coat.

Mother: Hush, Roscoe. You shouldn't talk so of your father.

Advice for Future.
 From Tit-Bits.
 Small Boy (to father): The world is round, isn't it, dad?
 Father: It is.
 Boy: Then if I wanted to go east, I could get there by going west, couldn't I?
 Father: Yes, and when you grow up you'll be a taxi driver.

A Chilly Dream.
 He: I had a dream of you last night.
 She (coldly) Really!
 He: Yes; then I woke up, shut the window and put an extra blanket on the

Out Our Way



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When the Wheel of a Sulky Acts Sulky



He's tipping over! Hold it! Can't be done; his right wheel's collapsed. The camera caught this thrilling one in a sulky race at Portland, Me. Perry D. Nelson, driving "Maggie Knight" was the luckless driver. He was dragged several yards but escaped serious injury. And good old "Maggie Knight" stopped as soon as she sensed the accident. "Horse sense" we call it.

SAMUELSONS FARMING METHODS PROVE BENEFIT AGRICULTURE

BY FRANCIS T. MARTIN
 Men who get to the top of the ladder of success in the improvement of a breed of livestock are actuated wholly, and entirely by high ideals, and not by any stretch of imagination by ulterior motives.
 Moreover, it can't be said of them that they are "copyists," that they follow where others lead. As a rule livestock improvers in justice to the merits of their accomplishments can't be rated under such a classification, for they are born to the business, they have a peculiar adaption to the business, which is the sole, and underlying reason for their success.
 The Duroc breed has many fanciers, many improvers and many champions, men who stand out boldly in the front ranks of the breed's progress, and the breed's advancement. B. A. Samuelson and son of Sac county, Iowa are reckoned among these. B. A. Samuelson wasn't born in Iowa but he missed it by a year, his parents bringing him to America from Sweden in 1870. They first settled in Crawford county, and then to Ida county where they lived until 1887, and a few years later they moved across the road into Sac county, and which has been Samuelson's home ever since.
 Samuelson married early, and as soon as he started farming in 1885 on his own hook, he started in the Duroc breeding business. Today in retrospect, Samuelson can say that he has been a firm friend of the Duroc, he has seen it in all the stages of its development, he has witnessed changes that come to all breeds during a long period of years. In the matter of improving the Duroc no Iowa breeder can surpass the Samuelson record, no.

The Young Man With a Pull.
 From the Chicago Journal of Commerce.
 In every group of young men in every business organization there are always a few who are being studied in every department by the executives of the company because they have given evidence of excellence in their work. They are the men who will be considered for preferment when changes are made.
 There is a fiction that floats around in almost all business enterprises that this or that fellow has a "pull" with the management, and that he will get promotions based on favoritism or relationship. No doubt

barnyard more high class specimens Iowa breeder has turned from his barnyard more high class specimens of the breed.
 Breeding Durocs for 41 years without a skip or break, adding porcine wealth to the state, and nation, distributing a class of boars that has given the limit in satisfaction, that has pleased customers, and that has made them lasting customers is the Samuelson record. The herd on the Samuelson farms today near Kiron, one of which is operated by a son, Joe, are the kind of farms that prove of lasting and permanent benefit to progress in agriculture, the mainstay of agriculture, and the basis upon which it rests.
 The Samuelsons produce annually from 400 to 500 head a year, and usually they hold 3 public sales a year. They've gotten their herd to a point where there is no guess work about the probable demand that they will have when these sales are held. The public knows the kind of hog it can expect to see and consequently, there's no disappointment. The Samuelsons are master minds in the Duroc business. They know the art of producing the right kind and when men in such a calling know these fundamentals, no chances are taken.
 The Samuelsons have not followed the fortunes of the show ring much during their long connection with the business. They've shown some in the early days of the Interstate fair at Sioux City, and some at county fairs, but that hasn't been their policy. But, other breeders who have bought their stock have won much honor with it at the country's most important shows. This is proof of the merit of the many are given a chance because of this, but that is all. Ultimately, if unfit, they will have to step down instead of up, and somebody will take their places who have earned promotion.
 Now and then some inferior fellow, lacking steadiness of character and not trained to concentration on his work, thus advances because of the financial influence of his father in the business, and discourages more deserving men in an organization. But he is an exception to the rule. The man whose daily work demonstrates his ability and fitness usually gets the promotion on his merits. The whole course of American business proves this fact. The

OF INTEREST TO FARMERS

MODERN HOMES FOR HENS

A good poultry house must provide certain fundamental conditions. Fresh air is the most essential. The house must be well ventilated, bringing in fresh, pure air and carrying out the impure, moisture-laden air, without any drafts to blow directly upon the birds, especially when they are on the perches at night. Birds have a high body temperature, which means that their oxygen requirements are greater than those of most other domestic animals. The poultry house must also be dry. Dampness breeds disease and poor production. Moisture from three sources must be guarded against. The houses must be placed on well-drained soil and sufficiently elevated to prevent surface water from seeping in. Ventilation must be sufficient to take care of the moisture breathed out into the air by the birds and also the moisture voided in the droppings. Such moisture is especially heavy during the winter months. It will appear as spots condensed on the walls and roof, and in addition the litter will be damp. Then, lastly, the poultry house must be provided with windows, shutters or a protecting overhang in front to keep out storms. It must have sufficient opening in the front to insure ventilation, and so placed that during the day sunlight will strike all parts of the interior. Size will be determined by the number in the flock. It is best to allow four square feet of floor space per bird. With the light Mediterranean breeds this can be reduced, under ideal conditions, to three square feet; but with the heavier American breeds four square feet is none too much. There are three practical types of roof—the shed roof, the even-span house is the most costly and usually provides more head room than is necessary. The front wall, seven or eight feet high, with the back at least six feet, gives adequate head room. The house should always face the south. It is wise to build a concrete floor for it is permanent, rat proof, easily cleaned and, if properly constructed perfectly dry. A concrete floor should be two inches deep and laid on a foot of very coarse gravel, cinders or crushed stone. In the Northern states, about one-third of the front should be provided with openings equipped with sliding frames and there covered with a good glass substitute which admits the ultra-violet light. These frames, sliding up and down, can regulate the size of the opening to meet changing weather. The bottom of these openings should be three to three and a half feet above the floor and should extend well up toward the ceiling at the front. In the south, where the weather is much milder, the entire front of the house can be left open, but covered with wire so that the birds may be confined if desired. A much cheaper type of construction can be used, for, under those conditions, the poultry house becomes nothing but a roosting shelter, a year round. The modern poultry house should be provided with portable fixtures which may be easily taken out for cleaning. All of them should be elevated so that they give the entire floor space to the birds. As a time saver the house should be equipped with automatic watering devices. In the north some method of heating should be provided to keep the water from freezing. Droppings boards and perches are best placed at the back of the house about three feet above the floor so that the birds do not have to go to a height to jump from. The hens should be kept off the droppings boards by placing heavy wire—say two inch mesh—over the perches. Plenty of hopper space should be provided at least a foot for each three birds. A poultry house can be kept much drier and more uniform in temperature if the ceiling is insulated with some good coarse fiber board or other insulating material. In recent tests with electric houses one with an insulated ceiling and one without, the insulated house showed a winter temperature of from 5 to 12 degrees warmer whereas in summer an equal amount of difference in coolness was noted. The state colleges and experiment stations issue plans and lists of material of poultry houses. Before starting to build one should secure such bulletins. Two new developments in housing are showing considerable possibilities. The first is the heating of laying houses in the northern states. The object is not to keep the house warm, but to hold it at a constant temperature that does not fall below 35 to 40 degrees. Birds kept under such conditions apparently lay better, keep in better health and utilize their feed more economically than do flocks which have to fight against extremely cold temperatures. The danger of heated houses is the danger of keeping them too warm and allowing wide fluctuations in temperature. The whole question of heating is in an experimental stage, and one making heavy investments in heating facilities. One of the most astonishing developments in recent experiments is the housing of layers in individual coops or batteries, each hen to herself having a compartment about two feet square, running on a wire floor, with automatic devices for watering, feeding and for cleaning the droppings pans, these batteries of coops are arranged one above another, five

or six tiers high. Such an arrangement seems to induce health, in that it prevents coccidiosis and other filth-born disease. It further keeps the birds from developing vices such as cannibalism and feather picking, and reduces very materially the housing space required, because under this individual coop system three or four times as many birds can be kept in a given cubic space as is possible where they run as a flock on the floor. The whole success of this new development depends on having a house or room properly built and insulated. This is the newest idea in housing and handling the laying flocks, but from preliminary tests it seems to possess unlimited opportunities. It has been suggested that it may mean the establishment of what we might term "egg factories" in and near our large cities. It will probably never apply to breeding flocks or to rearing practices. The whole question of poultry-house construction is going through a period of evolution, so it is important that the poultryman study the subject carefully and thoroughly before starting building operations. The next two months are the best time of year to build poultry houses for next winter's layers.

CHICKEN POX IN POULTRY

If chicken-pox was prevalent in the poultry flocks in your community last year, you will do well to vaccinate your pullets during the month of August. Vaccination against chicken-pox has proved to be quite effective and has often avoided discouragement for the better poultrymen. Many of the state experiment stations have been doing some very constructive work on the use of virus in successfully vaccinating pullets against this infection. If the treatment is given to the pullets while the weather is still fair, and before the pullets have fully matured, their growth and development and the time of coming into egg production will not be affected very materially. In some states, the agricultural experiment stations are preparing the material for vaccination, and poultry breeders can obtain the material through the experiment stations. If the station is not preparing this material, in most cases the poultry or veterinary department of the state agricultural college can usually refer poultrymen to reliable laboratories from which the material may be obtained.

TO SECURE BEST LAWN

Lawns planted in late summer or early fall develop a sod before freezing weather and are able to compete with next spring's weeds, much more favorably than when spring sown. Frequent sprinklings will be necessary after planting in the fall to keep the grass evenly and the weeds and to assure a good grass stand, but the presence of obnoxious weeds in the lawn should be no cause for discouragement, for most of the weeds are not at all serious and will not persist after mowing begins. The foundation of most successful lawns is Kentucky blue grass, which, when mixed eight parts with one part white clover forms a good mixture for average conditions on home grounds. When fall planting is impossible, the next best time is early spring, about March, if the ground can be thoroughly prepared. Good top soil will assure a good sod growth. Three system of soil improvement proving popular are: The sowing and subsequent plowing under of a soil-improvement crop, such as oats; the working into the soil or addition after sowing of well-rotted manure, peat or other materials of high humus content; and the use of commercial fertilizer.

MIDDINGS AS PIG FEED

When such feeds as rye and wheat middlings are considerably cheaper on the ton basis than corn, wheat, barley, or rye and one desires to take advantage of this, he is confronted with the problem of how to feed the middlings. Ordinarily, corn is not ground for hogs and one can not successfully feed rye or wheat middlings with shelled corn in a self-feeder because the hogs will pick out the corn and eat very little of the middlings. The problem is not so difficult, with the small grains because these should be ground and when the middlings are mixed with ground grains pigs must eat all of the feeds in the mixture. One very good way to get some middling into the mixture is to put it in with tankage and linseed meal for the protein supplement. Right now you can think of nothing cheaper or better than to make a slop of middling, either rye or wheat, with skim milk. This would be a splendid supplement with corn and ground barley.

FEED VALUE OF GRAINS

As a general rule, farmers who make the most money from hogs are those who keep their feed costs low without interfering with rapid gains. They are the farmers who know the relative feeding values of the various grains and by-products suitable for feeding hogs. They are the men who know how to make the various combinations of these feeds into well balanced rations. At the present time, rye middlings and wheat middlings are relatively cheap feeds for hogs when fed in limited proportion of the ration. When we think of basal feed for hogs, corn comes first but ground wheat is worth as much as corn; ground rye and ground barley are, on the average, worth about 90 per cent of the value of corn. There is a wide range in the value that may be returned from oats depending on how they are fed.

PROFITABLE COMBINATION

A fertile soil is evidence of a fertile brain in the farmer's head.

of \$9.23 in the average annual acre income between the three-year rotation and a system of continuous corn cropping.

"EFFORT" BREEDS HAPPINESS

The average farmer doesn't make money enough, he doesn't have fun enough, he lacks faith in himself. He will never get justice at the bar of public opinion by unjust attacks on other interests. He will command the respect of every class when he does the best things of which he is capable, and when he does that his average will have more golden hues and his satisfaction will bury his discontent.