

**PREVENT SEEDING IS FIRST PRINCIPLE IN WARFARE AGAINST INJURIOUS WEEDS**



It is Much Better to Produce Hay and Clover Than Weeds Along Road-sides.

Prepared by the United States Department of Agriculture.

If it is not practicable for the farmer to dispose of his weeds when they are small he should make every effort to prevent them from going to seed. If weeds are attacked when the most advanced have just reached the full-blossom stage, they can be prevented from seeding. At this stage, too, the roots are at their weakest, especially those of the annuals and biennials, which are largely exhausted. No time should be lost, however, in disposing of weeds when the full-blossom stage has been reached, as seeds will shortly be formed. Some weeds, such as pigweed, produce blossoms that are very inconspicuous so that unless closely watched they will go to seed before one is aware of it.

**Tillage to Control Weeds.**

While tillage in its relation to weeds usually is practiced for the benefit of the immediate crop, it also may serve the purpose of preventing hosts of weeds from maturing seeds. Thorough tillage serves the additional purpose of encouraging the rapid germination of weed seeds in the soil while killing the seedlings when young. In no way can this be better illustrated than in killing weeds by tillage soon after they have germinated rather than delaying the work until they have attained some size.

The thorough preparation of the seedbed for every crop is an important part in the control of weeds. After plowing, nearly all farmers use a disk or a spring-tooth harrow to reduce the soil to a hard, good seeded condition. Each of these harrows destroys hosts of young weed seedlings. As it is only the seeds which are in the surface of the soil that are liable to be killed by the harrows, the rapid germination of the weed seeds, thoroughly harrowed at this period may be relied upon to kill a large portion of the weeds that will appear during the season. In fact, it sometimes happens that the harrow has been so well prepared that after planting a cultivated crop, such as corn, cotton, or potatoes, but little cultivation is required.

**Kill Weeds by Drugging.**

After planting the cultivated crop the same object, that of attacking the weeds when young, should be kept in mind. To this end a drag harrow or a spike-tooth harrow is used, both before and after the crop comes up. More weeds will be killed by drugging at this time than by several cultivations when the plants have become larger. The weeder is also a valuable implement for use at this stage, by removing some of the teeth of this tool it can be used to corn until the crop is nearly waist high. Indeed, some excellent crops of corn have been grown by using the weeder only. Some soils are too stony or otherwise not suited to the use of this implement, but where it can be used the weeder is one of the most valuable tools on the farm. The drag harrow and weeder may also be used to advantage with potatoes, corn, and other cultivated crops when the crops have become so large that these implements can no longer be used. The tillage is performed with cultivators. Cultivators that kill weeds most effectively should be used. The best tools for this purpose vary with the kind of crop and the type and condition of the soil, so that it is difficult to lay down exact rules as to the choice of cultivators. Intercultural tillage is especially effective in controlling weeds if the crop has been planted in checkrows so as to permit the implement to work in two directions.

**Care for Farm Tools.**

Tools, saws, chains and the like should also be checked from time to time. A bright saw will run much easier than a rusty one. A pair of shears put away in the spring without being oiled will be of little value when next used.

**Don't Disturb Grass.**

The grass should not be disturbed after mowing. At first she should have but little more than a drink. A thin sop of middlings and water answers the purpose.

**WE CAN DISPENSE WITH POTATOES, DR. J. H. KELLOGG**

Battle Creek Sanitarium Head, Long & Measles Advocate, Supports Wheat Conservation Program of Government.

"There is Nothing At All in Wheat Bread That We Cannot Get From Other Foods" He Says.

If a prize were to be awarded for the most faithful observance of Mr. Hoover's meatless and wheatless days, the Michigan honor would go to the Battle Creek Sanitarium without a contest or much less, a protest.

The famous Battle Creek health resort has been on an equally meatless diet for half a century and thousands of converts have been won to this plan through regular visits to the Sanitarium. Of course wheat flour has been served to guests, but now that the soldiers and our Allies require wheat Dr. Kellogg's distinctive graham head of the Sanitarium, which can be dispensed with as conveniently as meat. Wheatless days in America are at long last being judged of Dr. Kellogg. Like the liquor question the meat situation is fast becoming an economic one. The people put an artificial barrier in the way of traffic for economic reasons; they could not afford to allow the product to be manufactured. It is the same with meat. It is as expensive as gold, and is prohibited by fundamental law, in the opinion of Dr. Kellogg. Of course wheat is essential as a body builder, but Dr. Kellogg says that the health authorities are emphasizing its importance as a war ration.

"There is no necessity for eating wheat at all. We can get along without it very well as long as we have a general assortment of miscellaneous foods," says Dr. Kellogg. "There is nothing at all in wheat bread that we cannot get from other foods. We cannot get two slices of wheat bread a week for years. We can get from other foods, including other cereals, everything we require."

"The official wiping out of wheat and meat is no hardship whatever from the point of health, economy or anything else. The people of this country are largely on cornmeal and the people of South America and Mexico live almost entirely on corn and beans, but they eat nuts, cereals, and other fruits that contain complete proteins."

**Man Not a Meat Eater by Nature.**

"The Catholic Church has for centuries maintained a meatless Friday and is now recognized by sanitary authorities that on this Friday fast of the Catholic Church as well as the fast during Lenten season, is a very beneficial and wholesome measure and conducive to health."

"For more than forty years, I have been advocating a non-meat diet. More than one hundred thousand patients who have visited the Battle Creek Sanitarium, have tested this dietary while here and many thousands of them have been so well pleased that they have continued to eat the foods after going home. I have watched carefully for any possible ill effects from the meatless diet, but have never found any. The only ill effects observed any one has suffered for lack of meat. As a matter of fact, the meatless diet is the biologic diet, because man belongs to the class animal known as primates including the orang, the chimpanzee, the gorilla and man. All of these primates have the exception of man, adhere to the meatless diet. Meat-eating is a cultivated habit. Animals that are natural meat eaters are carnivorous. Why a young lion sees a rabbit or a fox a chicken doesn't have to be taught to kill the rabbit and eat it, but does so without any instruction. You cannot imagine such a thing as a young child killing an animal and eating it. However, give it an apple and it will hold it and eat it. It is contrary to the nature of man to slaughter and eat an acquired habit and is unbiologic."

**Waste Will Stop Meat Production.**

"One of the great advantages of this meatless day, that I do not think the Government has taken into account, is the fact that every time you save three pounds of meat you save one hundred pounds of food, for it takes one hundred pounds of food to feed a cow to make three pounds of food in the form of beefsteak. Experiments made by the Ontario Agricultural Station by Prof. Jordan, are quoted by Dean Henry, head of the Agricultural Department of Wisconsin University, who in a book on 'Feeds and Feeding,' shows that it takes one hundred pounds of dry digestible foodstuffs required by an animal to produce a given quantity of dry digestible food. The figures show that one pound of wheat or no food will produce 2.5 pounds of mutton or 2.5 pounds of beef, 5 pounds of eggs or chicken and 18 pounds of milk. So that the cow that is used as an economical food converter and the steer the least economical. It takes four thousand pounds of milk, as shown by Prof. Jordan, to produce six thousand pounds of concentrated foodstuffs, like cottonseed meal and corn, chiefly corn, to raise a three year steer and bring it through a period of fattening and slaughtering."

**Live Stock Population Decreasing.**

"Our population is increasing rapidly while the livestock population is

**WHAT THE BODY REQUIRES**

Dr. J. H. Kellogg, Battle Creek Sanitarium.

There are three kinds of foodstuffs. These are fats carbohydrates and proteins. Protein is the material that goes to build up the tissues of the body while the carbohydrates (starch and sugar) are used for fuel. Protein foods are repair material of the body. Starch and fat are to be kept just what coal oil is to the locomotive, while protein is to the body just what the iron bolts, brass washers, bearings and things of that kind will put into the locomotive at the repair shop, are to the engine. So we do not require much protein. We have enough protein in food, in the ordinary foods of the American bill of fare without any meat at all. If you eat meat you eat meat out of the bill of fare entirely. They would all be better off provided they would take a proper assortment of other foods including milk, eggs or nuts. We ought to have a bill of fare made up of these foods and soy beans. Add those to the bill of fare and you do not need meat at all. Twenty years ago the Assistant Secretary of Agriculture, Dr. D. C. Worcester wrote me that the time was coming when meat would be scarce and high priced and that we should have a vegetable substitute. A pound of meat contains fifty per cent more protein than a pound of meat.

"The official wiping out of wheat and meat is no hardship whatever from the point of health, economy or anything else. The people of this country are largely on cornmeal and the people of South America and Mexico live almost entirely on corn and beans, but they eat nuts, cereals, and other fruits that contain complete proteins."

**Feed 97 Pounds to Get Three.**

"You have to feed the animal three pounds of food and get three pounds of food in order to get three pounds of meat. The reason is that the steer needs food for the same reason that you need to keep him warm, to support his life and activities."

"Our people must cultivate the potato, eating habit. Most people eat less breakfast cereals and bread would be a great improvement. Cereals contain an excess of acids. The potato is a neutral food, it contains bases or alkalis which neutralize the acids of the body and keep the blood in healthy condition."

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**Potato Patriotism**

The Michigan potato is what it takes a day, and it will help you win this war.

- Potato Soup**
- 3 cups hot rice or mashed potatoes
  - 1 quart milk
  - 1/2 cup butter
  - 3 tablespoons butter
  - 2 tablespoons flour (rice flour or corn)
  - 1/2 teaspoon salt
  - Celery salt
  - Cayenne
  - 1 tea. on whipped parsley.

Melt butter, add to it the flour and seasonings, stirring the mixture until smooth. Add gradually to this, one quart of milk and boil for one minute. Add the potato, mix thoroughly, then add the rest of the milk and the salt. Boil until the dish is nearly full. Boil the onion, strain the milk through a cloth and add the parsley and salt. Serve saved from cooking celery in a good potato soup. Two cups of potato soup will feed two persons. Soda may be substituted for two cups of milk.

- Potato Puff**
- Add beaten whites of eggs to mashed potatoes (2 eggs to 1/2 medium-sized potato). Beat the mixture lightly in a baking-dish and bake it in the oven until it puffs and browns. The yolks of eggs and one-fourth cup of grated cheese also may be added.

- Scalloped Potatoes and Cheese**
- Arrange a layer of sliced raw or boiled potatoes in a greased baking-dish and sprinkle with grated cheese. Repeat until the dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skin milk may be used. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking-dish is deep or shallow. Boiled potatoes baked in a shallow dish will take only 20 minutes. Raw potatoes in a deep dish may take as much as 1 1/2 hours.

- Potato Loaf**
- 2 cups mashed potatoes
  - 4 tablespoons minced onion
  - 1/2 teaspoon green pepper or pimiento
  - 1/2 cup canned tomatoes
  - 1 teaspoon salt
  - 1-2 cup ground peanuts.
- Mix the ingredients well together. Turn the mixture into a buttered baking-dish and cook it over with melted butter or dripping. Bake it in a moderate oven for 25 minutes.

- Potato Rolls (3 Dozen)**
- 2 cups mashed potatoes
  - 1/2 cup flour
  - 2 tablespoons salt
  - 1/2 cup corn syrup
  - 1/2 cup compressed yeast softened in 1/2 cup milk
  - 2 tablespoons fat
- Add the hot milk to the potatoes and mix until the mixture is lukewarm, add the softened yeast and other ingredients. Allow the dough to rise to double its bulk. Work it down and let it rest until it has increased in size by about one-half. Then shape the rolls, let them rise until they are double in size and bake them in a hot oven.

- Potato Muffins (Baking a fourth of the Flour)**
- 1-1/2 cup liquid
  - 1 tablespoon salt
  - 1/2 cup corn syrup
  - 1 egg
  - 1/2 cup mashed potatoes
  - 1/2 cup flour
  - 1/2 cup cooking powder
- Add the liquid, melted fat, salt and beaten egg to the cooled potato. Stir the dry materials together and add to the first mixture. The dough will be soft and sticky. Bake about 30 minutes in a moderately hot oven, (200 degrees C - 400 degrees F.) Roll out in large or two-dozen sixteen small muffins.

- Potato Biscuit**
- Using two cups of flour instead of three
  - 1/2 cup liquid
  - 1/2 cup corn syrup
  - 1/2 cup flour
  - 1/2 cup cooking powder
  - 1/2 cup salt
  - 1/2 cup mashed potatoes
- Stir dry ingredients, flour in fat and add the liquid. This makes a very stiff dough. Roll one-half inch thick and cut into biscuits. Bake 30 to 35 minutes in a moderately hot oven.

**FORWARDED BY HOUSE**

LONG CONGRESSIONAL FIGHT IN CONGRESS ENDS BY VOTE 235 TO 2.

**AMENDMENT LOST 213 TO 87**

Bill Grants President Wilson More Power Than Any Ruler Except the Kaiser.

Washington—The long fight in congress over the Overman bill, empowering the president if necessary to govern through executive orders, ended late Tuesday with passage of the measure (unamended) by the Senate in both ways for President Wilson for his signature.

The vote was 235 to 2. Representatives Frank Keenan and William Brewster, Michigan, and Orestes C. Phelps, Massachusetts, Republican, cast the only negative votes.

An amendment to exempt the Inland Waterways Commission from operations of the measure was defeated 213 to 87.

The president is authorized to constitute or re-constitute any executive or administrative committee, board, officer or agencies of the government, to transfer duties, functions and personnel, to suspend or to bring to any other, to divert money from one office to any other office to which the functions of the former may have been transferred.

The only restriction placed upon these new powers are: They are limited to matters related to the conduct of the war, and they expire after six months after the war. No bureau or offices may be abolished without the consent of congress.

President Given More Power.

In vigorous speeches Representative Giffitt and Longworth of Ohio, attacked the bill as granting more power to the president than was given by an ruler except the Kaiser.

They declared congress, under the bill, might as well abdicate its former powers. Longworth said the measure was "another of that class of bills which originate outside of congress and which we are expected to rubber-stamp." Longworth said a clerk, sent to headquarters for an O. K. and brought here by us to pass.

Representative Forney, Michigan, Republican, told the house he had made up his mind to vote against the measure, but had changed his mind after talking of an army officer.

**SUMMON 51,600 IN DRAFT CALLS**

Michigan Not Included—Only White Men Are Called.

Washington—Two draft calls aggregating 51,600 men were issued by Provost Marshal General Crowder Tuesday night. Michigan is not included. Only white men are included. They are to be called to report to military depots to be drawn upon to fill vacancies in units already organized. Local boards are instructed to induct only white men who are qualified for general military service.

The movement of the first portion of these men, 25,800, will begin May 24, and the remainder of the aggregate number of draft men ordered into military service during May is approximately 25,800.

The War Department, it was not expected to be quite as large as the May movements.

**U. S. LEASES PLANE TEST FIELD**

Land Located West of Detroit is One Mile Long and Half Mile Square.

Detroit—Land on the western outskirts of Detroit has been selected by the government as the most suitable place to test out the airplane. The land is to be used for a test field. The plane will be used for a test of the production of aircraft as it has automobiles.

The government, through Major James S. Holden, adjutant general of the First ward, has leased a plot of ground one mile long and one-half mile wide, near the airport. The land is owned by the Detroit Trust Co. and is being leased to the government by the Detroit Trust Co. The land is to be used for a test of the production of aircraft as it has automobiles.

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**WOMEN'S NERVES MADE STRONG**

By Lydia E. Pinkham's Vegetable Compound.

Women, Men—"I suffered for more than a year from nervousness, and was so bad that I could not sleep at night. I would have to get up and walk around the room and add in the middle of the night. Lydia E. Pinkham's Vegetable Compound made me strong and healthy. I would try it. My nervousness is now all gone. I feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong. Mrs. Alannah Sturges, 608 Olmsted St., Winoona, Minn.

How often do you hear the expression among women, "I am so nervous, I can't sleep" or "It seems as though I should try." Such women should try Lydia E. Pinkham's Vegetable Compound. It is a natural and safe remedy for all nervousness, and is now considered the standard remedy for such ailments.

For forty years it has been overcoming such various conditions as displacements, inflammation, ulcerations, hemorrhages, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

There's a Time for Everything. Now is the Time to Clean Up! ECONOMY IN EVER-CAKE. Sapolio.

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Clear Your Skin While You Sleep with Cuticura. Soap 25c, Ointment 25c & 50c.

THINKING MORE ABOUT DEATH. Var's Effect on the Minds of Englishmen is Declared to Have Been Extraordinary.

In England the effect of religion, thought of three years and a half of hard-headed and that of H. G. Wells, the revival of religion, certainly many instances the direct result of personal loss by death or fear of impending loss, has reflected itself in English literature.

The most astonishing of all recent conversions is that of H. G. Wells, the Socialist, who has written of his own conversion as a discovery of his own. Another writer who has been led by the way, is one of the most prominent of present-day literature. The war is making the world think intently about death and what comes after, and, consequently, is urging them to establish a clear relation to living life with the eternal—Exchange.

What Missed It? "Did your son get his degree?" "No; the jury returned a verdict of manslaughter."

The man with a pull doesn't have to knock.

ECONOMY TALK is all right—ECONOMY PRACTICE is better. INSTANT POSTUM is an economy drink—absolutely no waste. Besides, it is convenient, serves as a sugar and leaves nothing to be desired in the way of flavor. TRY A CUP!

Naval Appropriation Increased. Secretary Daniels, the Senate's naval affairs committee increased the naval appropriation in the navy act, 1918, by \$20,000,000. Secretary Daniels' committee was research significant, in view of the fact that in the bill as it passed the house the naval appropriation was more than \$20,000,000 less than the sum appropriated last year. The additional \$20,000,000, it was estimated to be used in providing heavy caliber guns.

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Scavengers of Weeds. The scavenger is the greatest enemy of weeds and a great asset to the American farmer. Of 500 varieties of weeds and grass, 400 were noted to sleep in a test at the Minnesota station.

Care for Farm Tools. Tools, saws, chains and the like should also be checked from time to time. A bright saw will run much easier than a rusty one. A pair of shears put away in the spring without being oiled will be of little value when next used.

MIX DOUGH WITH SEA WATER. Wider Adoption of the Practice Recommended by French Naval Pharmacist, Health Authorities.

pharmacist of the first class, urges the adoption of the practice, which has, according to him, the following advantages: the bread keeps moist longer, owing to the affinity for water possessed by the magnesium chloride solution; it is very wholesome; it does not provide not only the chlorides of sodium and magnesium, but other mineral substances which the body can make use of.

"That lets me out" said the prisoner as the governor signed his pardon.

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