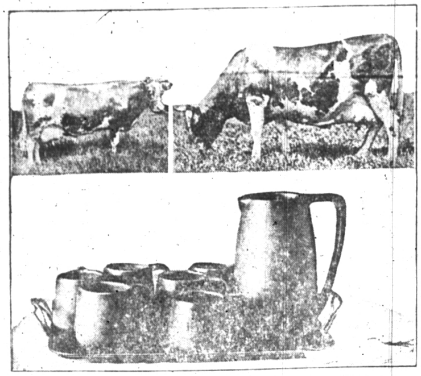
MILK IS INDISPENSABLE IN DIET OF CHILDREN AND REQUIRES CARE



Especial Precautions as to Cleanliness on the Part of Those Who Handle Milk Are Strongly Urged.

(Prepared by the United States Department of Agriculture.)

The consumer, rather than the producer, the distributor of milk, or the manufacturer of dairy products is the person for whose use a new Farmers' Bulletin, No. 1207, Milk and Its Uses in the Home, has recently been issued by the United States Department of Agriculture. Milk is indispensable in the diet of children, because its solids are in such form that they can be easily utilized by the body, and because it is one of the best sources of the lime needed to build bone and teeth, and of vitamine A, a substance essential to health and normal growth. For adults also milk is an important supplementary food. It should be given scrupulous care in the home.

Milk and Its Uses.

Milk is an important food, because it contains proteins for tissue forming, fat and sugar for body fuel, and minerals, particularly phosphorus and lime, for building and repairing bones and other tissues. Milk is much richer in lime than most other common foods. A cupful of milk, says the bulletin, contains at least seven times as much lime as two medium sized potatoes, and nearly twenty times as much lime as two slices of white bread or four ounces of average beef. This is one of the reasons why it is such an excellent food for children for bone and tooth building.

Vitamines are recently discovered constituents of food. Relatively little is known about the nature of vitamines save that they are indispensable for normal health and growth, and that if they are left out of the diet for a long period so called "deficiency diseases" may develop. Absence of vitamine A is believed to induce rickets. Vitamine B is thought to prevent polyneuritis and beri-beri. Milk is exceptionally valuable for providing vitamine A, and supplies vitamine B in abundance. Perfectly fresh, raw milk often supplies vitamine C, but its scurvy-preventing power may be lost when it is heated or aged.

Each child should have a full quart of milk a day, if possible.

Reasons for Pasteurization.

While certified raw milk is usually the cleanest milk obtainable, it usually costs a little more than ordinary milk. Good pasteurized milk is satisfactory for children, if the juice of oranges, canned or raw tomatoes, or certain other vegetables and fruits is given to provide vitamine C. Directions for home pasteurization are given in the bulletin, together with an explanation of how bacteria get into milk, the harm they cause, and the effect of careless handling upon them.

A great many kinds of bacteria have been found in milk. Some of them cause the formation of lactic acid, which gives sour milk its characteristic flavor, while others cause milk to putrefy if allowed to stand long enough. The bacteria that causes serious disease may also get into milk, and are sometimes spread in this way, resulting in epidemics. Especial precautions as to cleanliness on the part of those who produce and handle milk are strongly urged.

PARKER HOUSE ROLLS

Sift and mix well one and one-fourth cupfuls of white flour, four level teaspoonfuls of baking powder, three-fourths cupful of corn meal, two tablespoonfuls of sugar and one-half teaspoonful of salt. Into this chop with a knife two tablespoonfuls of butter. After the butter has been thoroughly mixed in add one beaten egg and enough milk to make a soft dough that can be easily handled. Toss the mass lightly on a floured board and roll out one-half inch thick. Cut with a large, round biscuit cutter, place a small piece of butter in the center of each round and force over until the edges meet. Brush the top of the rolls with milk, place in a buttered baking pan and bake in a quick oven for fifteen minutes. Serve hot.

WAY TO WASH HANDKERCHIEF

To Prevent Silk From Turning Yellow No Boiling Should Be Done —Dry in the Sun.

To prevent silk handkerchiefs from turning yellow when washed, no soap should be rubbed on the silk, no soda should be mixed with the water, and the handkerchiefs should on no account be boiled. A hot, thick soapy lather made with finely shredded soap should be used for cleaning the handkerchiefs, which should be thoroughly freed from all soap by rinsing in plenty of cold water and when most of the water has been pressed out they should be dried, if possible, in the sun.

PREVENT CHICKS PILING UP

One of Greatest Single Causes of Loss Among Youngsters—Sweating Is Injurious.

The greatest single source of loss among baby chicks after they have safely passed the critical first, two or three weeks and are well on the road to proper development, lies in the chance of their piling up some night, smothering to death or sweating. Sweating causes them to lose their feathers and the strain involved in growing a new coat is almost certain to result in a stunted and worthless chick.

Salt Fish.

Soak salt fish in milk to freshen it for immediate use.

When Embroidering.

When embroidering keep a little bit of sandpaper handy to rub the fingers with occasionally and prevent the silk sticking to them.

Bone Adds to Soup.

The bone from a roast usually has some flavor left in it. And it should always be put into the soup kettle.

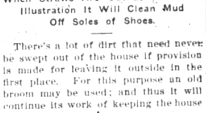
Bowls for Rose Leaves.

The idea of keeping rose leaves has been revived and Chinese patterned rose bowls are becoming very popular.

OLD BROOM IS MADE USEFUL

When Straws Are Cut as Shown in Illustration It Will Clean Mud Off Soles of Shoes.

There's a lot of dirt that need never be swept out of the house if provision is made for leaving it outside in the first place. For this purpose an old broom may be used; and thus it will continue its work of keeping the house



Handy Shoe Cleaner.

clean long after its straws have been worn down too short for sweeping.

Just take an old broom and cut the straws off as shown in the sketch, shorten and sharpen the handle and drive it into the ground beside the walk just outside the house. It will clean not only the soles of the shoes but the sides as well, thereby making a certain amount of sweeping unnecessary. At any rate it's worth trying.

Household Questions

Every home should possess a portable fire extinguisher.

* * *

Remove mud from black clothing by rubbing with raw potato.

* * *

A pretty way to finish the top of a flounce on a petticoat is with entained pink and blue ribbons.

* * *

When frying entrees bread crumbs are preferable to cracker dust, because they are less soggy.

* * *

New rope may be made pliable by boiling it in water for a couple of hours. Hang in a warm room.

* * *

Wring sheets from the side rather than from the end, and the object on able wrinkles along the selvage will be avoided.

* * *

A little benzine added to the cleaning powder when you are cleaning a copper kettle will brighten it and keep it bright longer than if omitted.

* * *

Lamp chimneys can be quickly cleaned by holding the hand over one end and putting the other end over the spout of a simmering tea kettle. Rub at once with tissue paper.

* * *

Pare and core sound, tart apples. Boil until almost tender. Remove to a buttered plate and fill the cavities with coconut. Stick blanched almonds about each apple. Bake, basting with syrup made of sugar, water and lemon juice. Top the cavities with currant jelly when serving.

* * *

To whiten wooden floors, add two teaspoonfuls of paraffin to the hot soapy water used for washing a floor. It will cleanse the boards and will also destroy any insects that may be hiding in the cracks of the wood.

KNICKER SUITS FLOURISH; SILK KNITTED SCARFS

IT HAS come to the place where sports clothes are broadly divided into two classes—those worn by sports women for actual wear in sports and those worn by "onlookers"—or merely to create an atmosphere or to fit in with environment. And now we are hearing of "spectator" hats and "onlooker" sweaters. These have the casual character of sports clothes, but need not be so sturdy and they may therefore indulge in unusual decorations and press into their service silken fabrics. But for real sports wear there are regulation types and among them knickerbockers, in place of skirts, have made such progress that their name has been abbreviated to "knickers." Life is too short to say "knickerbocker" as often as one needs to among women given to outdooring, so we have knicker suits, like that one illustrated, made of tweed and other dependable fabrics. It is above criticism for golfing, hiking and pastimes where skirts are inconvenient. As pictured, it is a boyish affair with belted coat and well-fitted knickers, and it calls for blouse, footwear and headwear of like character. Ribbed hose, broad toe, low heel sport shoes, plain blouse, scarf tie, and sailor hat (fastened on with a chin strap), proclaim the discriminating taste of the sports woman. Altogether it has a style and flavor all its own—as smart and charming as a riding habit. For mid-summer some of the knicker suits are made with sleeveless coats and worn with middy blouses.

For wear on the links and other sports wear, there are attractive new suits with figured skirts and solid color jackets. French manufacturers have contributed bright-hued jackets of brushed wool, knitted with a wide rib, for wear with sports skirts. The majority of them have flaring sleeves and shawl collars, but there are some of the smart stand-up collars.

The most interesting developments in the realm of sports clothes, come from the knitting mills. Worsted yarns and fiber silk, when knitted, give a flavor of sportwear to any garment, and this season presents them in dresses, coat suits, hat and scarf sets having the appeal of novelty as well as beauty.

What a boon to fashion-kind are the gay knitted scarfs! Everybody's wearing them. That is, speaking of those who give timely thought to the art of good dressing. When any article of apparel is as universally popular as is the knitted scarf "there's a reason."

In the first place, knitted togs of every description are fashion's hobby this season. Next the mannish tailored suits, polo coats and the like, which are prevailing vogue, seem to call for "just a touch of color." The knitted silk scarf supplies this need in its fascinating Roman stripes, gay plaids or checks. It may be said, in passing, that in addition to the colorful scarfs, many handsome matched suit colorings have also been brought out for those who prefer monotone effect in costuming. These are particularly attractive in heather mixtures.

With all due appreciation of the ornamental value of the knitted silk scarf, its greatest asset is its genuine usefulness for the summer time.

Those who have the knack, add further glory to these scarfs by artfully throwing them about the throat with studied grace. Young girls are taking particular delight in thrusting the two fringed ends under the belt of their suits, sort of tuxedo collar fashion. The latest is for brilliant silk knit scarfs with solid colored sweaters either the tuxedo coats or the V neck slip-on.

Perhaps the zenith of beauty is attained in the sheer sea-breeze scarfs for summer, which are thin, almost to transparency, and stretch over the shoulders like a silken cobweb. In conclusion, if you would be up-to-date, become the happy possessor of a silk knitted scarf, for knitted outer wear is the keynote of, present moment fashion.

Julia Bottomley

COPYRIGHT BY WESTERN NEWSPAPER UNION.

KNICKERS FOR SPORT WEAR

EVERYBODY'S WEARING THEM

Handbags of Tweed.

One of the houses which manufacture handbags for women is now offering to the retail trade novelties in the form of genuine leather tweed bags. These bags are made up in both pockets and crush effects, and are fitted with purse and mirror. They come in green, gray, blue, lavender, tan and brown. The same house is offering tailor-made effects in leather tweed belts for women, for wear over sport sweaters. These come in five-eighths and three-quarter inch widths.

Veil Worn With Sport Suits.

Smart Shetland veils are worn with sport suits, as are many of the dotted veils. The lace effects and the made up veils are reserved for the dressier three-piece costume. Harem effects are also considered good.

Sport Hats.

Sport hats with crowns somewhat higher than those of last season are of soft felt, stitched taffeta, fancy straws, leghorns and straw and felt combined.

IRRIGATION NOW OF BIG BENEFIT

Border Method Followed in West Is Well Adapted to a Variety of Soils.

WATER TURNED INTO STRIPS

Not Profitable to Prepare Field for One Crop—Alfalfa, Clover and Other Forage Crops Are Among Those Favored.

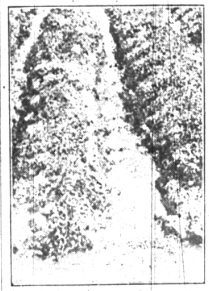
The border method of irrigation, followed in many parts of the western states, is well adapted to a variety of soils and crops and is growing rapidly in public favor. As described in Farmers' Bulletin 1243, "The Border Method of Irrigation," prepared by Samuel Fortier and now issued by the United States Department of Agriculture, the method consists essentially in the division of the field to be irrigated into a series of strips, lands or beds, as they are variously termed, by low, dry levees extending usually in the direction of the steepest slope. Sufficient water is turned into the upper end of each strip and allowed to move down the slope in a thin sheet, moistening the soil to a given depth as it advances toward the lower end.

Crops Suited for Irrigation.

It seldom pays, it is said, to prepare a field for the border method for one crop. The method is well adapted to the irrigation of alfalfa, clover and other forage crops, as well as all grains, and the forage crops may be rotated with the grains without modifying the method. It is also possible to irrigate potatoes, sugar beets and other rowed and cultivated crops by making a slight change in the borders, so that the latitude as to rotation is rather wide.

The most favorable soil for borders is a free-working loam several feet deep, underlain by a more or less impervious subsoil. As the sheet of water flows down each strip, the pervious top soil is readily moistened and the heavier soil beneath prevents the waste of water by deep percolation. Borders are also very generally used where the subsoil as well as the top layer of soil is porous, but because such formations are the most favorable but because no other method will do as well.

The cost of preparing land for the border method is low as compared with that required for most other methods if the physical conditions are favorable. At the same time it is usually feasible to obtain a fair crop at small cost by the use of temporary borders, and after the crop is harvested, the making of permanent borders may be undertaken without undoing much of the previous season's work.



Applying Water to Land by Method That Could Be More Generally Adopted in Eastern Farming Sections.

Slopes Are Essential.

A smooth, regular surface having a slope in one direction of about 2.5 inches to the hundred feet may be regarded as ideal for the border method of irrigation. It is possible to make borders on slopes one inch or less to the hundred feet and on steeper slopes up to 2 feet and more per hundred. Borders have been used on slopes as great as 7½ feet to the hundred feet, but extra care must then be taken to prevent soil and crop erosion.

The amount of water that can be turned into the strip depends on the size of each strip, its slope, and other conditions. In narrow, short strips the head used may be reduced to half a cubic foot a second, or from 20 to 25 miners' inches, and in wide, long strips to cubic feet a second may be none too large. A large volume of water cannot be handled successfully on steep slopes, but it is always possible to divide a head between two or more compartments.

Full details of the construction and operation of borders are contained in the bulletin, copies of which may be had free by writing to the United States Department of Agriculture, Washington, D. C.

RIGHT CULTURE OF CABBAGE

Rich Soil Encourages Fast Growth, Large and Solid Heads—Chinese Variety Differs.

The history of the development of the cabbage gives the key to its culture. The richer the soil and the faster it is kept growing, the larger and solider the heads. It must be grown fast to head fast. If through lack of fertility or drought its growth is checked, there is either no real head or a loose, very inferior one, the whole strength of the plant going to develop such leaves as it had produced before the check. The Chinese cabbage is an entirely different species from the common cabbage and its brothers.

Will Stand Weathering.

If properly cured and stacked, soy bean hay may be left in the open until winter. Those who have used soy bean hay report that it will stand more weathering than clover or alfalfa.

BIG SAVING MADE BY CULLING OUT SCRUBS

Nonproducing Fowls Eliminated From Many Flocks.

Extension Agents Explain Method of Weeding Out So Thoroughly That Poultry Raisers Soon Become Efficient.

(Prepared by the United States Department of Agriculture.)

Approximately $40,000 was saved to poultry men in Texas last year through the work of extension workers employed co-operatively by the United States Department of Agriculture and the state agricultural college. In 14 counties of Maine the saving was about $13,394.09. These sums represent the salvage value of culling, estimated on the feed cost of one cent a day a hen.

In Maine 15,964 hens were examined in culling demonstrations and 4,618 culls removed. In Texas about 15,000 hens were culled. That this culling was successful is shown by the following figures: 13 birds were culled from a flock of 54, and in the next seven days the culls laid only 20 eggs, 280 birds were culled from flocks totaling 846 and in the next seven days laid 29 eggs. Of the entire number of hens culled in Maine, the percentage of egg production for the entire flock was 32.3, for the hens left after culling 40.7 per cent, and for the culls 4.5 per cent.

Extension Agent Explaining Method of Culling.

The number of poultry owners instructed in Maine was 3,043 and in Texas 8,000, many of whom afterward culled their own flocks. The estimated savings represent only a part of the total value of this work. As a result of the demonstrations in one section in Maine, 70 persons eliminated 1,426 birds as culls, while in Texas the culling that resulted from all demonstrations was valued at $125,000.

The extension agents not only demonstrated that the non-producing hen could be eliminated but explained the method of culling so thoroughly that those present could go home and put it into practice nearly as effectively as the demonstrators themselves.

SPRAY FOR INSECTS IN TIME

Small Hand Sprayer and Weak Solution of Arsenate of Lead Is Quite Effective.

Like everything else, insects are easier controlled if taken in hand early. Potato bugs can be kept away to a very large extent if the vines are inspected every day or so, the yellow eggs destroyed and the big striped egg-laying bugs killed. Also, with cabbage worms and other insects—be on watch for the advance guard. A small hand sprayer and a weak solution of arsenate of lead makes quick and easy work of these very disagreeable jobs. If the spraying is done at the first signs of approaching danger, the garden can be kept entirely free. Fattening bugs and worms is an expensive luxury.

KEEP COMPOST HEAP MOIST

Arrange Pile So That Rain Will Keep Material Wet and Prevent Loss of Fertility.

"It is of the utmost importance," says the Flower Grower, "that the top of the pile be kept hollow or at least flat, so that rain will keep the material wet and prevent burning and loss of fertility. Don't let the pile get rounded on top under any circumstances, as it should absorb the rainfall and not shed it and, therefore, the nearer level it is kept the better job of composting will result."

DETERMINING SEX OF DUCKS

Hen Always Quacks in Coarse Voice, While Drake Will Emit Sibilant Sound.

Not every one knows how to tell the sex of ducks, but it is easy. The hen duck always quacks in a coarse voice; the drake never quacks, but emits a sibilant sound, described by one woman as being "like an old man with brownkeeters." It has a "quack" sound, but is high-pitched and not so loud as the raucous quacking of the hen ducks.

PLAN TO AVOID GAPE WORMS

Pests Can Be Guarded Against by Putting Little Turpentine in Drinking Water.

Now that warm weather is coming on, gape worms will soon put in an appearance in certain localities. They can often be prevented by putting a few drops of turpentine in each quart of water and watering air slaked lime about the coops and runs.

YOUNG MOTHER NOW STRONG

Her Mother's Faith in Lydia E. Pinkham's Vegetable Compound Led Her To Try It

Kenosha, Wisconsin.—"I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound. My mother had great faith in it as she had taken so much of it and when I had trouble after my baby was born she gave it to me. It helped me so much more than anything else had done that I advise all women with female trouble to give it a fair trial and I am sure they will feel as I do about it.—Mrs. Fred. P. Hansen, 562 Symmonds St., Kenosha, Wisconsin.

A medicine that has been in use nearly fifty years and that receives the praise and commendation of mothers and grandmothers is worth your consideration.

If you are suffering from troubles that sometimes follow child-birth bear in mind that Lydia E. Pinkham's Vegetable Compound is a woman's medicine. It is especially adapted to correct such troubles.

The letters we publish ought to convince you; ask some of your women friends or neighbors—they know its worth. You will, too, if you give it a fair trial.

Of Course He Didn't.

A rural minister was bothered by the postman not only reading his postcards, but communicating their information to others. One day he wrote a postcard to a medical friend who lived at the other end of the village. It read, "I will tell you more, only I know the postman will read it." Then he put the card in the letter box, whence it was collected; and taken to the post office and sent out for delivery. The postman stamped into the doctor's office with the card, threw it on the table, and exclaimed angrily, "He's a liar! I don't read 'em."

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Chas. H. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

No Longer "Wireless."

The committee on nomenclature at the government radio conference declares that the use of the word "wireless" and names derived from it are obsolete. Instead they urge the use of "radio." For the general title of a system of conductors for radiating or absorbing radio waves use "aerial"; for an open circuit aerial use "antenna"; for a closed circuit aerial use "coil."—Youth's Companion.

Close quarters—in the miser's purse.

Stop That Backache!

Those agonizing twinges, that dull throbbing backache, may be warning of serious kidney weakness. Serious if neglected, for it might easily lead to Gravel, Dropsy or Bright's disease. If you are suffering with a bad back look for other proof of kidney trouble. If there are dizzy spells, headaches, a tired feeling and disordered kidney action, get after the cause. Help your weakened kidneys with *Doan's Kidney Pills. Doan's* have helped thousands and should help you. *Ask your neighbor!*

A Michigan Case

Mrs. Hans C. Andersen, 306 E. Dunaher St., Ludington, Mich., says: "I had kidney trouble and such backache I couldn't straighten. A sharp, heavy pain awakened me towards morning. My back got so bad I just had to grasp hold of something to keep from falling. I became dizzy, nervous and worn out. Doan's Kidney Pills cured me."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

ALLEN'S FOOT-EASE

The Antiseptic Powder to Shake Into Your Shoes

And sprinkle in the Foot-Bath. It takes the sting out of Corns, Bunions, Blisters and Callouses, and gives rest and comfort to hot, tired, smarting, swollen feet. More than 1,500,000 pounds of Powder for the Feet were used by our Army and Navy during the war. Allen's Foot-Ease, the powder for the feet, takes the friction from the shoe, freshens the feet and gives new vigor. Nothing relieves the pain of tight or new shoes so quickly. Sold everywhere.

In a Pinch, Use ALLEN'S FOOT-EASE

Cuticura Soap

—The Healthy—

Shaving Soap

Cuticura Soap shaves without mug. Everywhere 25c.

VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for these disorders will often ward off these diseases and strengthen the body against further attacks. Three sizes, all druggists.

Look for the name Gold Medal on every box and accept no imitation