BIG FACTORS IN HOMEMADE BREAD

Many Factors Affecting Final Cost of Loaf Pointed Out in Experimental Kitchen.

FORMULA USED IS IMPORTANT

Where Recipe Calls for Shortening, Sugar and Compressed Yeast Expense Is Greater—Cheaper Way of Baking Is Outlined.

(Prepared by the United States Department of Agriculture.)

Tests in the experimental kitchen of the United States Department of Agriculture show that the quality of flour used, the retail price paid for it, the method of buying, whether in small quantities or by the barrel, the bread formula used, the kind and price of fuel, the sort of oven used, and the number of loaves made at one time are all factors affecting the final cost of the homemade loaf of bread.

Loaf Costs 7 1-3 Cents.

In case of a batch of five loaves for which materials were bought in small quantities and which were baked in an uninsulated gas oven when gas cost $1.20 a thousand feet, a single pound loaf was found to cost seven and one-third cents. The recipe called for shortening, sugar, and compressed yeast. Milk was not used in the formula tested and would have increased the cost of the bread.

More Economical Formula.

A batch of eight loaves was made by a more economical formula, and all materials, though bought at retail

Use of Milk in Baking Bread Increases Final Cost.

prices, were purchased to better advantage. "Strong" flour which gives a high bread yield was selected, and it was bought by the barrel, as the farm woman would be likely to buy it. Dried yeast was used, shortening was omitted, and the baking was done in a kerosene range. Under these conditions the cost of a one-pound loaf was found to be only four and one-fifth cents. The details and figures obtained in these tests are available upon application to the department.

ICELESS REFRIGERATOR PLAN

Developed as Home Convenience for Use in Hot, Dry Climates Where Ice Is Scarce.

The iceless refrigerator was developed by extension workers as a home convenience for use in hot, dry climates where it is difficult to secure ice. A report has been received by the United States Department of Agriculture showing how the principle of the iceless refrigerator has been successfully applied by a Wyoming woman florist to keeping cut flowers in good condition.

SHEARS NEEDED IN KITCHEN

More Efficient for Shredding Lettuce, Peppers or Celery Than Ordinary Knife.

A pair of shears of medium size, not necessarily new, have a very definite place in the kitchen. For shredding lettuce, peppers, or celery, shears do the work better and more quickly than a knife. For mincing parsley, mint, or the tender inner leaves of celery for seasoning, shears are invaluable.—Farmers' Bulletin 927.

CEMENT FOR MENDING CHINA

Teaspoonful Each of Alum and Hot Water Applied to Pieces Will Prove Satisfactory.

A cement for mending china may be made from a teaspoonful alum and one tablespoon hot water. Place in hot oven until transparent. Have pieces clean and dry. Place in oven until warm. Coat the edges thinly and quickly press together. It dries immediately.

Economize With Mush.

A way to economize cereal mushes is to add hot water to any mush left over so as to make it very thin, says the United States Department of Agriculture. It can then easily be added to a new supply.

For Nourishment.

Home-made ice cream made entirely of cream and whites of eggs is nourishing.

In Place of Cream.

If you do not have whipped cream here is a good substitute: Beat the whites of two eggs stiff and dry with four tablespoons of powdered sugar.

Evening Slippers.

A flat, dahlialike posy of ribbon is placed instead of a buckle on some of the satin evening slippers.

Preserve Color.

Add a little tea to the starch when laundering the brown linen frocks and it will preserve the color.

ANTS IN HOUSEHOLD CAN BE ERADICATED

Poisoned Sirup Is Recommended as Being Efficient.

Greatest Precautions Should Be Exercised In Preparing Bait and In Safeguarding It Afterwards From Humans.

(Prepared by the United States Department of Agriculture.)

An efficient remedy for household ants, according to the bureau of entomology of the United States Department of Agriculture, is sirup poisoned with arsenate of soda, if it can be used safely. The greatest precautions should be taken in preparing this sirup and in safeguarding it afterwards from human beings or domestic animals. Ants will carry the mixture to their nests, so that not only they but the stay-at-homes are reached by the poison.

The formula for the preparation of the poisoned sirup is as follows: One pound of sugar dissolved in a quart of water, to which should be added 125 grains of arsenate of soda. The mixture should be boiled and strained and, on cooling, used on sponges. The addition of a small amount of honey is said to add to the attractiveness. This method of control has been tested by the bureau of entomology for three years and has given very satisfactory results. Persons professionally engaged in insect extermination also report success with it.

There are several common species of ants that get into houses if they find attractive food, as well as the distinct house-inhabiting ants, such as the little red, or Pharaoh's ant. Some of these are naturally lawn ants and have a colony or nest out-of-doors near the house.

The first step, therefore, in the control of ants in the house, is the removal of all attractive substances wherever practical. Ants like sweet, starchy food materials, especially cake, bread, sugar, preserves, sirups, and even meat. By cleaning up promptly all food crumbs scattered by children, keeping all shelves and corners clean, and storing food supplies in ant-proof glass or tin containers, or in tightly closed ice-boxes, the ant nuisance may be largely limited. Daily supplies only of foods likely to attract ants should be purchased.

Entomologists of the department have found that most of the repellent substances considered effective, such as camphor and naphthalene flakes or powdered moth balls, are of little benefit. If the nest of the ants can be located by following the workers back to their point of disappearance, a number of the ants in the nest may sometimes be reached by injecting a little disulphid or carbon, kerosene or gasoline into the opening by means of an oil can or small syringe. These substances are inflammable and should never be used near fire. If food and other conditions continue to attract ants and favor their continued breeding in the house, such control measures are of only temporary avail.

The collection of ants by the use of attractive baits is frequently recommended, but unless the bait is poisoned, as previously described, it is of doubtful benefit. Small sponges moistened with sweetened water will attract many ants. The sponges can be collected several times a day and the ants swarming on them destroyed by immersion in hot water. The use of sponges moistened with borax and sugar dissolved in boiling water to poison the ants is also sometimes recommended, but has not been found effective. The distribution of sweet baits which do not actually kill the ants often results in increasing their numbers.

SUGARLESS CANNING

All fruits may be canned successfully for future use without the use of sugar, by adding hot water, or, better still, hot fruit juice instead of hot sirups, the United States Department of Agriculture finds. Hot-water products can hardly be expected to be as good, either in texture or in flavor, as are those canned in sirup. But fruits canned in their own juices are often highly satisfactory for jelly making, pie filling, salads and other uses, particularly if they are very ripe and sweet. For instance, peaches, naturally high in sugar content, may seem as sweet when canned without sugar as do acid peaches canned in a 40 per cent sirup.

All Around the House

Dull files are sharpened when laid in dilute sulphuric acid.

* * *

When cutting cheese straws, make a few rings and put a half dozen straws through each ring.

* * *

If a pan of cold water is placed under cake when baking in the gas oven it will never burn on the bottom.

* * *

Let water run for a few minutes before filling the kettle in the morning, as the water in the pipes is unwholesome.

* * *

Nickel that has become discolored can be made bright again by rubbing with a paste of whiting or a fine scourer.

* * *

Dish towels too worn to mend folded in a square, stitched around, then from corner to corner, make good holders.

* * *

There are little burner rings on the market now that save the pots and pans. They may be placed beneath the pot on the flame to confine it from the sides of the pot.

Clothes for the Daughter;

Blouses in Great Variety

OUR thoughts may lightly turn to a number of things in the spring, but in the fall they must confront the winter and concern themselves with the substantial wardrobe it demands. Just now mothers are occupied with the matter of clothes for their daughters in school—frocks, blouses, coats, hats and all the rest are to be provided. The older girls will have some say-so in the choice of their belongings, but their young judgment needs guidance here as elsewhere.

GIRLS' COATS COPY ELDERS' STYLES

Those who design and manufacture clothes for the young have simplified matters. They are specialists and they turn out, as a rule, garments excellently designed and fairly well made. Their choice of fabrics and styles may be profitably followed by the home dressmaker, since they have a wide market to choose in, and a comprehensive view of styles.

In the matter of wraps the problem is only one of selection, as these outer garments are bought ready made. All coats for girls this season are much like those worn by their elders, except that they are simpler and far less trimmed. As a rule they are straight-hanging garments with ample sleeves and collars of fur or fur-fabric. Very simple braid embroidery, buttons and, occasionally, silk tassels make up the sum of their decorations and a typical coat for the young girl may be studied in the accompanying illustration. Soft-faced cloths and other coatings are used for them.

Among the prettiest school suits for fall are those having pleated skirts of Scotch plaid and long-sleeved overblouses of plain serge. Sleeveless coats of the serge give the suits sufficient warmth for outdoor wear, and the coat and straight over-blouse are trimmed with flat silk braid. Jersey cloth is one of the most satisfactory fabrics for school dresses, and it may be had in many colors. It is usually made up into straight-line dresses with round neck and long sleeves. White collars and cuffs of wash goods, practical pockets and long strap-belts of the material, tying at the front, finish these ideal school frocks. Plaid skirts with cotton wash blouses, worn with slip-over sweaters, for the older girls and frocks of wool or knitted dresses for the younger ones are to be considered.

Like the mocking bird who "borrows his little music scores" and "makes all minstrelsy his own," blouses look to every source for inspiration. Variety seems to be their dominant feature and they are, therefore, always a new story. Two of them, as shown here, are made of crepe de chine, but this is their only common ground. The long blouse at the left shows the peasant influence and is cut much like a smock, with pockets. It affects the peasant sleeve and makes much of peasant embroidery. The neck is consistently managed with its open throat and flat collar, and silk in two colors is used for the cross-stitch embroidery.

Bugle beads and small steel beads work out the curious and fascinating flower motif, with narrow border of leaves, on the blouse at the right. It is a slipover model, having the lower part narrowed to a hip band, with the fullness under the arms gathered into it. The unfamiliar and fascinating flowers that flourish at the front of the blouse thrive so well in the sleeves that they almost cover them. This overblouse is so simply made that the average needlewoman can undertake it. The bead work goes quickly and white beads are used on grounds in any of the fashionable colors, as Hindoo brown, Sorrento blue, almond green or black.

TWO OF THE SEASON'S BLOUSES

Besides the dressy blouses there are some interesting new shirtwaists of white wash silk and pongee that should enter into one's calculation. Tucks and plaited frills are favored for their simple decorations and they are made with long sleeves ending in shirt-cuffs or with elbow sleeves with turn-back cuffs. School and college girls and sportswomen have special need for blouses of this kind. Straight overblouses of serge, worn with plaid skirts are something new. They are trimmed with braid and buttons, and sleeveless coats to match finish an ideal outfit for school wear.

Julia Bottomley

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Dance Frocks.

Some of the most charming evening and dance frocks are made of embroidered chiffon or georgette. The polka-dot design is a favorite, white appearing on color and vice versa. Usually the frocks are of the simplest character as to style line, with smart ribbon sashes or ornamental girdles finishing them at the waistline. The flower belt or girdle is popular, one little frock recently being held in with a wreath of garden flowers at the normal waistline.

New Sort of Pajama.

At a show in Berlin recently of women's night and morning apparel a novel sort of pajama for women was shown, consisting of a jacket held in the shape of a Spanish bullfighter's jacket, with contrasting lively embroidery, tassels and hussar braids. The trousers reached to only a little below the knees, and likewise were decorated with embroidered garlands, held in colors contrasting with the material of the suit, which was made of dark brown taffeta.

SPREAD OF FLAG SMUT OF WHEAT

Area in Which Infected Fields Have Been Found Has Increased 700 Square Miles.

GROW RESISTANT VARIETIES

Spores of Disease Are Carried From Field to Field—Farmers in Infested Area Are Urged to Consult County Agent.

(Prepared by the United States Department of Agriculture.)

Although there have been no serious commercial losses in this country resulting from the spread of flag smut of wheat in the region adjacent to St. Louis in Illinois and Missouri, the area in which infected fields have been found has increased since 1921 from 72 to about 700 square miles, and the United States Department of Agriculture believes that attempts at eradication are likely to fail and that, in order to check the spread of this disease, attention should be given to the growing of varieties immune or highly resistant to the disease. In Australia, where conditions are similar to those in some parts of this country, fields sometimes show losses as high as 20 per cent and, the infection in general is like that of bunt or stinking smut in our own wheat-growing regions. In two states where this smut has been found parts of fields have shown losses as high as 20 per cent, but it is doubtful if field losses there have ever been as much as 5 per cent of the crop.

Flag Smut of Wheat—Smutted Plant Is Stunted—Compared With Healthy Plant.

Highly Resistant Varieties.

A number of varieties of wheat grown in this area have been found not to take the disease at all, or to be highly resistant to it. Of the soft red winter wheats, Red Rock, Stoner or Marvelous, Fulcaster, Mammoth Red and Dietz are in this class. Of the hard red winter wheats, Illinois 10-110, Kanred, Illinois 12-41, and P-1068, are highly resistant, if not immune. Numerous other strains and varieties have shown high resistance, but some varieties that have been very popular in this district have been found to take flag smut infection very readily.

Wind Carries Spores.

Investigations indicate the probability that the spores of the disease are carried by the wind from field to field, and for this reason it is doubtful if any quarantine measures can be effective in preventing its spread. There is strong indication that the growing of resistant varieties is the least expensive and most dependable method of preventing loss. Crop rotation also will help to keep the disease under control, for, unless a variety is completely resistant, growing wheat after wheat will increase the infection in a field.

Farmers within or near the infested area are urged to consult with their county agents or state experiment station and arrange to get supplies of these recommended varieties for sowing this fall.

RAPE IS IDEAL FOR PASTURE

Found Especially Valuable in North Dakota Because It Is Not Injured by Frost.

In North Dakota they have found that an ideal fall pasture can be provided by sowing two or three pounds of rape seed per acre in the corn at the last cultivation. If the corn is to be hogged off, rape will furnish an ideal pasture for the fall season. It is especially valuable because it is not injured by light frosts. In fact, it has been found good for forage purposes until time of severe freezing.

WASTE OF GRAIN EACH YEAR

Much Loss Caused Every Season by Poor Shocking—Man Driving Binder Can Help.

Every season there is much waste of grain caused by poor shocking. The man driving the binder can help the shocker by making timely adjustments, so that all the bundles are of proper size and shape and the bund placed in the proper position on the bundle.

Best Alfalfa Fertilizer.

Alfalfa being a legume means that acid phosphate will very likely be the best fertilizer to apply, especially if manure is applied.

Quail Devour Grasshoppers.

A good, active prairie chicken will put hundreds of grasshoppers out of business every day. Good thing to remember next fall.

Weeds Interfere in Rotation.

Weeds may interfere with the regular system of rotation.

FURNISH PROTECTION FOR CRANBERRY BOGS

Beneficial Effect of Sanding Is Noted in Wisconsin.

Frost Hazards Greatly Reduced and Water Supply Conserved by Eliminating Need for Frequent Flooding—Reduces Labor.

(Prepared by the United States Department of Agriculture.)

Observations by the weather bureau of the United States Department of Agriculture on the beneficial effect of sanding cranberry bogs have recently been confirmed in a report from the cranberry experiment station near Cranmoor, Wis. According to the report there is an average of 58 days between the last spring and first fall frost (June 25 to August 22) over unsanded bog, as against 118 days between the last spring and first fall frost over sanded bog.

This represents a gain of 93 per cent in length of frost-free season on sanded bog. The item of sanding, therefore, greatly reduces frost hazards and conserves the water supply by eliminating the need for frequent flooding to protect against summer frosts. Sanding not only permits but requires deeper and better drainage, and is an insurance against fires on a bog in dry times. Sanding, together with thicker settling of plants, reduces labor and expense of weeding, besides insuring earlier cropping on the bog.

SUITABLE CABBAGE STORAGE,

House Should Be So Arranged and Constructed as to Prevent Drip Striking Heads.

(Prepared by the United States Department of Agriculture.)

Cabbage for storage should be carefully grown and handled and of a variety well adapted to keeping, say the vegetable specialists of the United States Department of Agriculture. The heads should be solid with all loose leaves removed and practically free from injuries caused by insects and diseases. They should be placed in a storage house so constructed and arranged as to prevent drip from the structure striking the stored heads. It is also essential that moisture and ventilation be so controlled as to prevent the condensation of moisture on the cabbage while in storage. The temperature maintained in common storage houses may vary from 32 degrees to 45 degrees or 50 degrees F., depending on outdoor conditions. In no case should the cabbage be allowed to freeze.

The usual type of construction employed in commercial storage houses is that of a broad, low house with an alley sufficiently wide to admit a team and wagon through the center, and with the storage bins or shelves arranged on either side. The cabbage is placed on shelves in layers one to three layers deep, or in crates or ventilated bins. Banks, pits, and cellars are also largely used for the keeping of the crop.

Heads Well Adapted for Storing.

HOW TO RENEW STRAWBERRY

Leave Only Enough Old Plants to Start Runners—Patch Should Be Mowed and Raked.

The time to renew the strawberries for next year's crop is immediately after this year's crop is harvested. Only enough old plants should be left in the rows to start the runners. The best berries are produced on the new growth. Before the plants are thinned the whole patch should be mowed, then thoroughly raked and all the old leaves burned. This will destroy a great many insects that had intended to winter over on the plants. It will also get rid of numerous diseases that might be carried on the old plants. If the whole patch is burned over it should be done on a very windy day, else the crown of the plants will be injured past recovery.

RYE AND VETCH HELP SOILS

Combination Makes Fine Crop for Cattle and Contributes Source for Nitrogen.

Rye and hairy vetch make a very fine pasture crop for cattle. Seeding with rye also greatly adds to the crop for soil improvement. Vetch, being a legume, contributes a source for nitrogen-gathering organisms and thus helps enrich the soil in that constituent. One bushel of rye to thirty or forty pounds of vetch makes a good combination. As vetch seed are usually high, less may be planted, though with less benefit to thin soil.

Special Care for Small Pigs.

Keep the pigs coming, and help them pass through the weaning period without getting rough-haired, and developing symptoms of runtiness.

Pays to Oil Tractor.

It pays a farmer to give his tractor the same care that his wife gives her sewing machine.

When Weeds Die Young.

Bad weeds die young on well-run farms.

MRS. LULA VANN FULTON, ARK.

Suggests to Suffering Women the Road to Health

Fulton, Arkansas.—"I used Lydia E. Pinkham's Vegetable Compound for a

pain in my side, I would suffer so badly every month from my waist down that I could not be on my feet half the time. I wasn't able to do my work without help. I saw your Vegetable Compound advertised in a newspaper and gave it a fair trial. Now I am able to do my work and don't even have a backache every month. I cannot praise your Vegetable Compound enough and highly recommend it to those who have troubles like mine. I am willing for these facts to be used as a testimonial to lead all who suffer with female troubles, as I did, to the right road to health."—Mrs. Lula Vann, Box 43, Fulton, Arkansas.

Is this sort of praise of Lydia E. Pinkham's Vegetable Compound, given by word of mouth and by letter, one woman to another, that should cause you to consider taking this well-known medicine, if you are troubled with such symptoms as painful periods, weak, nervous feelings, miserable pains in your back, and cannot work at certain times.

Here is a woman who is so grateful and glad to be relieved from a painful and nerve racking physical condition that she wishes to tell all sick women.

Make It Dorothy.

A young man informed John L. Duvall, president of the Marion County State bank, recently, that he wished to start a savings account for his little son. Mr. Duvall, seeing the smile on the man's face, guessed that it was a new baby and offered his congratulations, which the patron smilingly acknowledged. The account was opened in the regular way with the father as trustee for Arthur ——. Several days later the young man entered the bank and approached Mr. Duvall.

"Say, Mr. Duvall," he said, "I'd like to change the name on that account I opened for Arthur a couple of weeks ago. Make it Dorothy."—Indianapolis News.

Backache Is a Warning!

Those agonizing twinges across the small of the back, that dull, throbbing backache may mean serious kidney weakness—serious, if neglected, for it may lead to gravel, stone in the kidneys, bladder inflammation, dropsy or fatal Bright's disease. If you are suffering with a bad back, have dizzy spells, headaches, nervous, despondent attacks or disordered kidney action, heed Nature's warning. Get after the cause. *Doan's Kidney Pills* have helped thousands. They should help you. *Ask your neighbor!*

A Michigan Case

John W. Holmes, carpenter, 38 Bridge St., Grand Rapids, Mich., says: "I had kidney trouble so badly I couldn't straighten my back. I had a dull ache in my back all the time and when I stooped sharp catches took me. My kidneys acted irregularly. Doan's Kidney Pills soon fixed me up. The aches and pains left and my kidneys became regular."

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

DOAN'S KIDNEY PILLS

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

Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by regularly taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1696. All druggists, three sizes.

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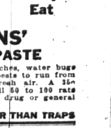
RATS DIE



When They Eat

STEARNS' ELECTRIC PASTE

It also kills mice, cockroaches, water bugs and ants. It forces these pests to run from building for water and fresh air. A 15c box contains enough to kill 50 to 100 rats or mice. Get it from your drug or general store dealer today.

READY FOR USE—BETTER THAN TRAPS

Reasonable Conclusion.

"Going to Hamp Smather's funeral, day after tomor'?" inquired an acquaintance.

"His funeral?" surprisedly returned Gap Johnson of Rumpus Ridge. "Why, he ain't dead, is he?"

"Not presizely, but Doc Smith says he can't last another day."

"Well, then, I reckon pore Hamp's a goiner. Doc probly knows what he gave him."—Kansas City Star.

A Reasonable Reason.

"Then folks over at Bigville call this town a hamlet," disgruntedly said the landlord of the tavern at Peewee-puddyhump. "But I don't see any reason for it."

"Possibly it reminds them of Shakespeare's character of that name," returned the spectacled guest. "He was a melancholy man, and this is a melancholy place."—Kansas City Star.

Use MURINE Night and Morning Keep Your Eyes Clean—Clear—Healthy

Write for Free Eye Care Book, Murine Co., Chicago