

# Helping the Meat and Milk Supply

(Special Information Service, U. S. Department of Agriculture.)  
**RABBITS—A QUICK ROUTE TO MORE MEAT**



Not Pets; Eating Rabbits—The Quickest Meat Producers, Not Excepting Poultry.

## RAISE RABBITS IN BACK YARD

Specialists Urge Scheme as Move of the Highest Importance Just Now.

### HOW CHILDREN MAY HELP

Interesting and Easy Work, and the Financial Returns Will Be Gratifying—Proper Care of Animals Necessary.

Let the children start a rabbitry in the back yard if they are in earnest about helping the meat supply. Raising rabbits is an interesting and easy work and the returns will be well worthy of father's or mother's co-operation. Efforts will be quickly rewarded, for these animals increase rapidly and are ready for the table when three or four months old. The meat is very palatable and nutritious and can be grown at small cost. In fact, the cost of producing rabbits is less than that of any other meat, not excepting poultry. Rabbits in backyard pens have proved so practicable a way of furnishing a quick meat supply in European countries that the United States department of agriculture is urging their wider breeding in the present emergency.

**Plan for Breeders Now.**  
As February is the best time to mate—March may be best for breeding young does—it will be well now to arrange for breeding animals and to prepare a place for them, with the children's help, in the yard. Four litters a year, at intervals of twelve weeks, and averaging six or seven young to the litter, may be expected if pairing begins in February.

The Belgian and Flemish giant rabbits are recommended for meat production, as the ordinary tame rabbit is smaller and develops more slowly. Breeding stock of Belgian hares may be bought from breeders in nearly all the states at from \$1 to \$3 each. They may occasionally be had from pet stock dealers. Fancy pedigree stock is not required for meat production.

Rabbits eat, hay, grass, lawn cuttings and green vegetation of many kinds. Well fed, the young will average five or six pounds live weight when three or four months old. Practical experience has demonstrated that rabbit meat can be produced in unlimited quantities at a cost of about six cents a pound. By utilizing lawn cuttings and other vegetation that would otherwise be wasted, the cost will be even lower.

**Quarters in Barn or Shed.**  
Outdoor fenced runs, with hutsches for does when having young and sleeping hutsches for other stock, make the best quarters for rabbits in back yards. The rabbitry may occupy part of or all of a barn or shed, or be built in a sheltered space in the angle between buildings or walls.

Feeding is necessary twice daily. In winter one of the meals should be chiefly of green food, such as roots or cabbage, and the other mainly of grain. Roots, cabbage, celery and the like should be washed free from the soil, but should not be wet when fed. If green food is given in the morning, the evening meal should be whole oats or other grain for mature animals. A little hay should be given at each meal. If properly cared for, rabbits are remarkably free from diseases. The more common ailments result from insanitary surroundings, lack of care in feeding and improper ventilation. The demand for rabbit fur is such as to make it pay to save the pelts of those killed for food. The better class of skins sell by the dozen, bringing from 50 cents to \$1, or something less than 10 cents apiece. Later articles in these columns will discuss the care of the young litters, feeding, killing and dressing, and the possibilities of marketing. Farmers' Bulletin 496 of the United States department of agriculture, "Raising Belgian Hares and Other Rabbits," will aid the beginner.

The Belgian hare is one of the best rabbits for table use. It weighs more than most breeds, develops rapidly and the quality of the meat is superior to

all the others. The Flemish giant is a Belgian hare bred exclusively for large size, with the result that the meat is coarser and less delicate in flavor. These characteristics are considered by some persons as desirable, but this is largely a matter of individual taste.

**Market Meat by Mail.**  
Marketing meat and meat food products by parcel post can be done economically in many instances. Many kinds of meat and meat food products may be shipped at this season without the use of an expensive container. For some kinds of meat an improvised container made of cast-off corrugated paper-board boxes is satisfactory. A market basket also is a cheap and convenient container for shipping meat by parcel post.

Before meat or meat food products can be shipped from one state to another, however, the shipper must furnish for each consignment a certificate of inspection or exemption. Upon request, information in regard to shipping meat and meat food products by parcel post will be furnished by the bureau of markets, United States department of agriculture.

In the improvement of beef cattle care has been taken to develop to the greatest extent those portions of the body from which are secured the high-priced cuts of beef. These points should be kept in mind when selecting breeding animals.

As the type of animal necessary for the production of large yields of milk is entirely different from that of the beef animals, it has been impossible to produce a breed which would combine these functions and be of superior merit for both purposes.

**Enforcing the Food Law.**  
In the enforcement of the food and drugs act the United States department of agriculture, during the past year, recommended 719 cases for criminal prosecution and 371 for seizure. There were collected for examination 5,649 official and 2,171 informal samples of food and drugs. This, however, does not include thousands of examinations made in the field, such as culling of suspected shipments of eggs or the critical inspection of consignments of wormy or decomposed nuts. The various laboratories of the bureau of chemistry analyzed 27,301 samples, and in addition took 70,739 floor inspection samples. Over nine thousand cases were made the subject of hearing, either in person or by correspondence.

Much milk is lost in the process of handling in milk plants, says the annual report of the bureau of animal industry, United States department of agriculture. Economies effected in that particular by one plant caused a yearly saving of \$2,836. Simple methods of checking milk bottles, often an important item of loss, and a simplified system of accounting, have been worked out and put into successful operation in a number of milk plants by the bureau's investigators of milk plant management.

**Much Skim Milk Saved.**  
One creamery in the state of New York is condensing every day 25,000 pounds of skim milk, much of which formerly was run into the sewer, and several creameries now make their entire supply of skim milk into cottage cheese. These examples are cited in the annual report of the bureau of animal industry, United States department of agriculture, as showing savings effected through the campaign for conservation of all products that can increase the supply of food.

Rabbit raising on a back yard scale is not an experiment. Thousands of small rabbitries in this country are producing meat crops regularly for family tables. These domestic animals are easily raised and remarkably free from disease when properly cared for.

The principal facts in regard to the raising of rabbits are as well established as those of rearing other domestic animals, and the directions which a beginner needs are few.

Statements to the effect that certain breeds of rabbits produce pelts of high market value are unwarranted. Raising rabbits for the fur alone would be unprofitable with any known breed, specialists say.



Pertinent questions of health, hygiene and sanitation of general interest to our readers will be answered in these columns or by mail if addressed to this office or to the State Board of Health at Raleigh and accompanied by a stamped, addressed envelope. No diagnosis or treatment of individual diseases will be attempted.

### When it Seems to Hit Your Case

An iconoclast is one who knows things are not always what they seem. His trade is smashing idols.

The Boss, after an impassioned appeal in behalf of our readers, kindly permits this to go through. We trust it will be cut out and pasted in the scrapbook and read over once in a while thoughtfully.

A certain number, about 1 per cent, of the letters received from readers of this department inform us that some particular thing we have said "seems to hit my case." And since we have exhibited such remarkable ability to "tell you just how you are handled," surely we will forward directions for treatment—or something to the same effect.

In the six years or more a student devotes to the study of medicine perhaps nine-tenths of his time is spent on diagnosis—learning how to recognize different diseases and trace their direct and contributing causes in dif-



### A HARD KNOT TO UNTANGLE.

Symptoms Are Treacherous. They Fool Even the Most Competent Physicians. For Accuracy an Examination Is Desired.

ferent cases. And one-tenth of his time is given to the study of treatment of all kinds (only a minor part of which is medicinal). This means that the art of diagnosis is far more difficult and important than the art of treatment.

If it were at all possible to diagnose disease by a mere tabulation or consideration of symptoms which the patient complains of, there would be no need of calling a doctor. All the patient would require, in order to know how to treat himself, would be a small encyclopedia of medicine which could be had for about the amount you pay the doctor for his services in an ordinary three days' illness.

But unfortunately symptoms are treacherous. They fool even the most experienced and competent physi-

cians. There is scarcely a minor ailment which may be accurately diagnosed from symptoms alone. If accuracy is desired—and surely nobody would care to risk his health on guess work—an examination by the doctor is indispensable. Only in this way is it possible to interpret the nature of illness or disturbance of health and determine what remedial measures may be required.

We know it is only human nature to beat the doctor if you can, and a grand thing to do so when possible. The fascination of the unknown, the mysterious, influences us all in some degree. "Trying" something which some one else has tried and survived is an ever present temptation. But, alas, it always proves more costly than the doctor in the end. Of course, we are thinking of a good doctor, not one who is too busy to study his patients. We are thinking of the doctor who examines the patient first and names the complaint afterward.

In this respect it is regrettable that all physicians are not subsidized, so that the bogey of the doctor bill would not cause the patient to hesitate about seeking medical advice at the very beginning. But even under the present arrangement, true economy may be summed up in this maxim: A fee in time saves nine.

### QUESTIONS AND ANSWERS.

#### Belching.

Mary C. D. After eating a hearty meal my stomach swells and I have belching spells. If I take soda in water it relieves me temporarily. I have been advised that soda is injurious. Is that correct?

Answer: Persistent belching is generally due to what stomach disease specialists call "reverse peristalsis." The cause of it may be appendicitis, stomach ulcer, intestinal adhesions, or disease of the gall tract. Sodium bicarbonate, known as ordinary cooking soda, often gives temporary relief; and does no harm, except to mask the real symptoms, so that the disease causing the trouble may grow steadily worse, while the patient delays seeking a correct diagnosis, with permanent treatment. The best remedy is to see a good physician and let him find the true cause, and prescribe the right course of treatment. See a physician who does not prescribe "tablets" advertised in the newspapers as "absolute cure for indigestion," for invariably such claims are absolute lies and no physician worthy the name will be misled by such frauds.

#### See Your Physician.

F. H. I am frequently troubled with fever blisters on my lips, little white sores on my tongue and gumbolls. What is the cause and cure?

Answer: "Fever blisters," sore lips, tongue "gumbolls," and other similar conditions may be due to infection; but are generally due to dietetic errors or irregular habits. The remedy is diet, moderation, temperance.

### BROWN SCHOOL SECTION.

Mr. and Mrs. Lafayette Braswell, of Royall School, spent the week-end with Mr. and Mrs. Freeman Brown.

Mrs. Charlie Crumpler returned to Columbia, S. C., to stay with her husband while at Camp Jackson.

We are glad to note that Misses Annie, Irene and Little Herbert Wall are improving. We hope they will soon be out again.

Miss Ethel Wall has been on the sick list for the past week.

We are sorry to note the serious illness of Mr. Worley Wall. He was taken Sunday with an acute case of appendicitis, and was operated on Tuesday afternoon. We hope him a speedy recovery.

The sympathy of the entire community goes out to Mr. and Mrs. T. N. Wall in the death of their son and the illness of their other children. Their son, Lessie, a youth of almost eighteen years of age, died Thursday at 2:30 p. m. He was sick ten days with pneumonia. Lessie was a Christian-hearted youth, dearly beloved by all who knew him. The interment was made in the family plot near Micro Friday afternoon, January 11, in the presence of a large gathering of sorrowing relatives and friends. A short burial service was conducted by Rev. Collier. January 17, 1918.

Advertisers will find this paper an excellent medium in which to display their bargains and make their wants known

# BOOKS

Look over the list of Books below, and come and get your selection before they are picked over. We have lots of good books not in this list to select from.

### SOME LATE NOVELS.

- Wildfire, by Zane Gray.
- Red Pepper's Patients, by Grace Richmond.
- Heart of the Sunset, by Rex Beach.
- When a Man's a Man, by Harold Bell Wright.
- Salt of the Earth, by Mrs. Alfred Sidgwick.
- Polly and the Princess, by Emma C. Dowd.
- The preacher of Cedar Mountain, by E. S. Thompson.
- In Happy Valley, by John Fox, Jr.
- The White Ladies of Worcester, by Florence Barclay.
- Anne's House of Dreams, by Eleanor H. Porter.
- Bab: A Sub Deb, by Mary Roberts Rineheart.
- The Banks of Colne, by Eden Philpotts.
- Changing Winds, by St. John G. Ervine.
- The Three Black Pennys, by Joseph Hergesheimer.

### BOOKS OF POETRY.

- Robert Burns' Complete Poems, \$1.00.
- Mrs. Browning's Poems, 75c.
- Shakespeare's Works in one volume, \$1.75.
- William Cullen Bryant's Poems, \$1.50.
- Keats' Poems, Padded Edition, \$1.25.
- Mrs. Browning's Poems, Padded Edition, \$1.25.
- Robert Browning, Limp Leather, \$1.75.
- Robert Burns, Limp Leather, \$1.75.

### SUNDAY SCHOOL HELPS.

- Peloubets' Select Notes for 1918, \$1.25.
- Arnold's Practical Commentary, 1918, 60c.
- Torrey's Gist of the Lesson, 25c.

A large number of Books for Children from 4 to 12 years of age, titles too numerous to mention.

### BOOKS AT SIXTY CENTS EACH.

We have in stock a choice lot of novels which we are selling at 60 cents each; by mail, 65 cents. Here are some of them:

#### By Harold Bell Wright.

- The Shepherd of the Hills.
- The Winning of Barbara Worth.
- The Eyes of the World.
- The Calling of Dan Matthews.

#### By Thomas Dixon.

- The Traitor.
- The Clansman.
- The Leopard's Spots.
- The Sins of the Fathers.
- The One Woman.

#### By Gene Stratton Porter.

- A Girl of the Limberlost.
- Freckles.
- The Harvester.
- Laddie.
- At the Foot of the Rainbow.

#### By Winston Churchill.

- Richard Carvel.
- A Far Country.

#### By Well Known Writers.

- The Little Shepherd of Kingdom Come.
- Prudence of the Parsonage.
- Red Pepper Burns.
- Empty Pockets.
- The Heart of the Hills.
- The Southerner.
- The Valley of the Moon.
- White Fang.
- Rebecca of Sunnybrook Farm.
- Eben Holden.
- David Harum.
- Overland Red.
- My Strange Life.
- Heart Throbs.
- More Heart Throbs.
- The Way of the Strong.
- The Four Million.
- And Many Others.

## Herald Book Store

SMITHFIELD, North Carolina

### BOX PARTIES.

#### Box Party.

There will be a box party at Johnson School House on Friday night, January 25th, 1918. Mr. A. M. Johnson, Farm Demonstrator, will be present to make a talk. Everybody cordially invited.

Misses Sallie Sanders, Katie Johnson, Teachers.

#### Price's School.

There will be a box party, guessing and voting contest, fortune telling and other things of amusement at Price's School House, O'Neals township, district No. 3, on Saturday night, January 26, 1918. Everybody invited.—Teacher.

Kenly, N. C.

#### Banner School House.

There will be a box party at Banner School House next Saturday night, January 26. Proceeds for benefit of school. Everybody invited.—George Wheeler and Callie Turlington, teachers.

#### Sandy Springs School.

There will be a box party at Sandy Springs School House on Saturday night, February 2. Everybody is invited. Proceeds will be used for the benefit of the school.

D. C. MASSEY, Principal.

#### Pleasant Grove School.

The box part that was advertised to be at Angier School, January 28th, was an error. It will be held at Pleasant Grove School, January 26th.

The world's corn production is in round numbers three and a half billion bushels, and the United States produces six-sevenths of it.