ne Housewife and the War

(Special Information Service, United States Department of Agriculture.) MAKE MUSH AND MILK POPULAR

red by the United States Department of Agriculture.)

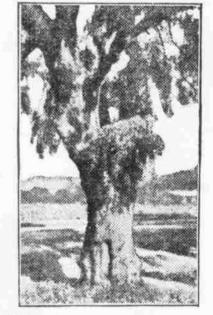
or charter that tes for commissioner, y, to solicit votes. Once electate any appointment by the city manager. Already the new plan has meant a considerable saving of public money in St. Augustine.

In Niagara Falls, where, owing to failure of the New York legislature to pass adequate legislation, the city manager administration is still hampered by partisan elections, the tax belt Bermuda, bur clover, white clover levy has been reduced to 97 cents per \$1,000 valuation.

In Sherman, Tex., the city manager installed a complaint system, by which each complaint is recorded, referred to the department concerned and followed up if necessary until cared for. The number of complaints in six months dropped 30 per cent. Public works improvement bonds amounting to \$150,000 were voted by the people.

So obvious a step toward efficient government as depositing city funds. in a responsible bank, willing to pay interest on daily averages, will save San Jose, Cal., \$5,000 a year under the city manager plan .- Omaha News.

# DEAD TREE MADE ATTRACTIVE



Foliage has been added to the rather bare trunk of this fine Pepper tree by placing a fern box in its crotch .- Popular Mechanics Magazine.

# GET AFTER NEGLECTED LAND

Every Citizen Should Recognize a Duty in Seeing That It Is

The successful and economical production of pork depends in a large measure upon good permanent pastures supplemented by other forage crops. There should be on an average one acre of permanent pasture for each commissioner is forbidden to brood sow kept. Green forage is little more than a maintenance ration, and if rapid gains are desired hogs should have a liberal allowance of grain. Growing forage crops and grazing them off is a good method of improving soils lacking in organic mat-

> Kinds of crops; (a) For the cotton and Lespedeza make good permanent pastures. These should be supplemented by small grains and rape for winter, crimson clover and vetch for spring, cowpeas and sorghum for summer, corn with soy beans, velvet beans or peanuts for fall. (b) For the central and middle Atlantic states, including the blue-grass region, blue grass should be used largely for permanent pasture. It should be supplemented by rye for winter, rape for spring, red clover for spring and summer, corn with soy beans and rape for fall. (c) For the Northern and Eastern states blue grass or redtop provides permanent pasture. Supplementary grazing should be furnished by oats and peas for spring, rape and red clover for summer, and early field corn for fall. (d) for the West grazing is furnished by alfalfa and corn. Corn should be

SHIPPING SWINE IN SUMMER

"hogged down."

### Hot Weather Precautions to Prevent Loss of Important Part of Nation's Meat Supply.

(Prepared by the United States Depart-ment of Agriculture.)

Every hog that is killed in transit due to overcrowding or mishandling means a loss, at present prices, of probably more than \$30 to the shipper as well as a waste of meat needed by the nation. Mortality in transit or after arrival at the central market can be lessened greatly in hot weather by the practice of the following simple precautions on the part of shippers and dealers:

1. When hogs are very hot, during or after a drive, never pour cold water over their backs.

2. Before loading, clean out each car and bed it with sand which, during dry, hot weather should be wetted down thoroughly. Hogs in transit during the night only are not so likely to be lost from overheating as are the animals shipped in the daytime. With day shipments in hot weather it is highly advisable to suspend burlap sacks of ice



A Bowl of Milk and Mush Is a Whole Meal in Itself for the Youngster Who Likes It.

Indian Pudding.

milk, cornmeal and molasses.

oven; serve with cream.

cream)

salt.

This serves eight people.

Cornmeal and Fig Pudding.

Cook the commeal with four cupruis

When the mixture is cool, add the

of the milk, add the molasses, figs and

eggs well beaten. Pour into a buttered

oven for three hours or more. When

partly cooked add the remainder of

the milk without stirring the pudding.

Cornmeal and Apple Pudding.

This serves eight or ten people.

What has become of the old-

time bowl of cornmeal mush and

and for economical, sentimental

time bown as milk? It is an American use, cheap, nourishing and palatable, there generation loved it;

This serves eight or ten people.

chopped sweet apples.



Plenty of Good Milk to Take Away and ginger; pour into buttered pud-Dryness Makes Dish Most Palatable.

## cupful corn meal. 1 cupful finely chop- cupful molasses. ped figs. cupfuls milk (or 4 1 teaspoonful salt. of milk and 2 of 2 eggs. **CONSERVE WHEAT AND SUGAR**

Try Our Mush Recipes Until Knack of Cooking Just Long Enough Has Been Discovered - Dried Fruits Add Variety.

Mush and milk for breakfast or lunch makes a simple dish fit for a king-but like all other simple dishes it must be made just right or the king won't like it. The secret of serving cornmeal this way lies in plenty of milk and not too much mush. In the first place see that the mush is not too thick-try out your recipes until you find the knack of cooking it just long enough. No one enjoys dry, thick mush. Then serve moderate portions with a generous amount of milk or cream on top-and have plenty more in the pitcher to add later on. Raisins, dates, figs and other dried fruits give -populavariety to the dish and please the children. They sweeten the mush and

save sugar.



# PLAN TO MAKE GOOD BUTTER

Quality Is Improved If Standard Methods and Care Are Practiced by Farmer.

(Prepared by the United States Department of Agriculture.)

The butter made on the farms of the United States may be materially improved in quality in most cases, if standard methods are employed and greater care is exercised in carrying out the necessary details. The department gives the following outline of the essential steps to be taken in making good farm butter:

1. Produce clean milk and cream. Cool the cream immediately after it comes from the separator. Clean and sterilize all utensils.

2. Ripen or sour the cream at from 65 degrees to 75 degrees F. until mildly sour. Always use a thermometer in order to know that the right temperature is reached.

3. Cool the cream to churning temperature or below and hold at that temperature for at least two hours before churning.

4. Use a churning temperature-usually between 52 degrees and 66 degrees F.-that will require 30 or 40 minutes to obtain butter.

5. Clean and scald the churn, then puddings which take no wheat and no half fill it with cold water and revolve sugar. They are made chiefly out of until churn is thoroughly cooled, after which empty the water.

5 cupfuls milk, 1 teaspoonful sart. 1-3 cup corn meal, 1 teaspoonful gin-6. Pour the cream into the churn through a strainer.

% cupful molasses. ger. Cook milk and meal in a double 7. Add butter color-from 20 to 35 drops to a gallon of cream-except boiler 20 minutes; add molasses, salt late in the spring and early in the ding dish and bake two hours in slow summer.

8. Put the cover on tight; revolve the churn several times; stop with bottom up and remove stopper to permit escape of gas; repeat until no more gas forms.

9. Continue churning until butter granules are formed the size of grains of wheat.

10. Draw off the buttermilk through the hole at the bottom of the churn. using a strainer to catch particles of butter. When the buttermilk has drained out, replace the cork.

pudding dish and bake in a moderate 11. Prepare twice as much wash water as there is buttermilk, and at about the same temperature. Use the thermometer; do not guess at temperatures. Put one-half the water into the churn with the butter.

For the figs in the above recipe supstitute a pint of finely sliced or 12. Replace the cover and revolve the churn rapidly a few times, then draw off the water. Repeat the washing with the remainder of the water. 13. The butter should still be in

\*\*\*\* granular form when the washing is MUSH AND MILK. completed. 14. Weigh the butter.

15. Place the butter on the worker and add salt at the rate of threequarters of an ounce to a pound of butter.

Rashuns was feeling uncomfortable 16. Work the butter until the salt as he trudged home in the rain. Sudis dissolved and evenly distributed. Do denly he heard a laugh behind him

This Woman Recommend Lydia E. Pinkham's Vegetable Compound-Her Personal Experience.

McLean, Neb.-"I want to recom-mend Lydia E. Pinkham's Vegetable

Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My hu band and I praise T

cine. women."-Mrs. JOHN K No. 1, McLean, Nebra This famous root Lydia E. Pinkham's

pound, has been rest. America to health for m years and it will well ps who suffers from displ flammation, ulceration, in backache, headaches, nervou "the blues" to give this succ remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.



Good for Malaria, constipation biliousness -a fine tonic. Guaranteed or money back Ash your dealer Behrens Drug Co., Waco, Tex.





Sold for SO Years. FOR MALARIA, CHILLS AND FEVER. Also a Fine General Strengthening Tonic. At All Drug Stores.

ONLY ONE CAUSE FOR WORRY

Decoction Put Up by Obliging Chemist Removed All Other Troubles From His Customer.





# Kept Cleaned Up.

Look not only to your own back yard, but take a proprietary interest in any vacant yards or neglected patches of land that are in your neighborhood. You really ought to have had them cleaned up last autumn, but if you didn't then, in the cause of food conservation and with the hope of an increased crop from the home gardens. this summer, have these patches cleared up.

The department of agriculture sent a plea to the people of the land to clean up all plots that were used as war gardens last year in order that the insects that had been harbored in a dormant state in the underbrush and rubbish might be exterminated and not permitted to multiply and increase. Ideally, entomologists tell us, as soon as the crop has been harvested, the remnants should be promptly cleared away and burned with the insects which they harbor.

Many persons apparently believe that the action of winter snows and winds would be sufficient to destroy insect life, but such Is not the case.

#### Elbert Hubbard's Work Goes On.

A reminder of Elbert Hubbard, victim of the Lusitania, is contained in this paragraph in a New York paper: "At East Aurora the Roycrofters continue to flourish. Their annual convention is as usual. But no invitation Is necessary to attend it. Anyone who goes there is welcomed and the speakers include you if you want to speak. That's the Roycroft idea. The notables are scheduled, but in the grove the open-air theater is an open forum. Any subject goes. We hear that the work phase of the Roycrofters is the big thing now. Which as we recall it was Hubbard's hope. A place where everything that was made war first useful and then beautiful. He used to say, 'If it's useful it is beautiful, but many useful things can be made more beautiful. That's what we want to do."

#### Leave Nature's Work Alons.

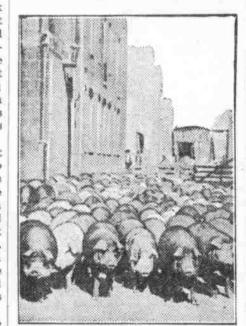
The most costly work in landscapes is moving earth; therefore do as little of it as possible, for seldom does It really aid in gaining pleasing results.

#### Fitting the Theory.

"I have an idea that rooms reflect the personality of their occupants."

"Then the lady who uses this coora must be of a very worrying disposition, to judge by the fret work in it."

from the celling in various parts of the



Hogs at End of Their Journey to Market-Do Not Run Risks by Overcrowding During Any Part of This Trip.

car in order to reduce the temperature and, incidentally, to sprinkle the animals with cool water. The ice sometimes is placed in sacks on the floor, but the animals are likely to plie and crowd around the cakes so that only those close to the ice are benefited. The ice should be sufficient to last to the destination.

3. Do not overload. Crowding hogs in a car during warm weather is a prolific source of mortality.

4. The feeding of corn, because of its heating effect, before and during shipment in hot weather, should be reduced to a minimum. Oats are preferable where a grain feed is necessary. The maximum maintenance requirement of hogs in transit for 24 hours is one pound of grain a hundredweight or approximately three bushels of corn to a car. In the past thousands of bushels of corn have been wasted in live-stock cars.

## Need of Wool and Mutton.

The general need of increased production of ment and wool, together with their high values, has given sheep raising a new appeal to the older farming areas.

Cleanliness Pays Dividends. In feeding dairy calves cleantines: pays big dividends in the health of the unimals.

The most common way of preparing mush is to allow the water to come to the boiling point and to add the meal slowly, stirring constantly. The objection to this method is that there is considerable danger that the mush will become lumpy and oftentimes it is inconvenient and unpleasant to stand over a hot stove and stir the mixture sufficiently to make it smooth. A better method, therefore, is the following:

Put the commeal, cold water and salt together in the top of a double boller. No stirring is necessary. Put the top of the double boiler into the lower part and allow the mush to heat slowly, cooking half an hour, or longer, if convenient. Many people cook it as long as four hours. Just before serving remove the top of the double boiler from the lower part and boil the mush for two or three min-

utes. In boiling it at this time there is no danger that it will lump.

## Cornmeal Mush. METHOD NO. 1.

1 cupful corn meal. 1 teaspoonful salt. 3½ cupfuls water.

Bring the salted water to the bolling point in the top of a double boiler. Pour the cornmeal slowly into the mater stirring constantly. Cook three minutes. Put the upper part of the boller into the lower part and cook the mush half an hour and as much longer as convenient. Long cooking improves the taste and probably adds to the thoroughness with which the mush is digested.

The housewife who has no double boller can make one by using two saucepans of such size that one can be set inside of the other.

METHOD NO. 2. 1 cupful meal. 4 cupfuls milk, 1 teaspoonful salt. whole or skim, or 31/2 cupfuls water, 4 cupfuls milk and water.

Put the ingredients intothe double boiler cold and hour or longer. If conve before serving bring the n boiling point. This improture and also its flavor.

Mush in the Fireless cupful corn meal. 41/2 cu teaspoonful salt. milk. water

Bring the salted water lug point; add the meal ring all the time. Put in less cooker and leave for hours. If the pail holdin is set into another pall cor ter before being placed cooker, the heat will onger.

Here are three good

and patriotic reasons we should now go back to it and take all America with us. Mush and milk furnishes a balanced ration, yet contains no wheat, no meat, no sugar. It is a whole meal in itself, and while the war lasts it should be used more largely in this country. Its larger use here will release other and more concentrated foods for our armies and the armies of the allies. We are producing an abundance of food; we will save ? it for our boys across the water; and food will help to win the war. The Austrians, Bulgarians, Turks and Germans are beginning to see this, and the kaiser also believes and trembles.

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#### Fruits Save Suger.

All ripe fruits contain sugar. The amount varies from about three ounces or one-fifth cupful per pound in fresh figs and plums to about one-half ounce per pound in watermelon.

If the water is driven off from fruits, as in the drying process, the sugar becomes far more prominent than it is in fresh fruits. Dried fruits, therefore, taste far sweeter than fresh ones and are for this reason often classed among the sweets. It should be remembered, however that sugar, i

present in all fresh fruits, ev most acid ones, and that the who wish to do so can eco other kinds of sugar by e amounts of fresh fruits i ened forms.

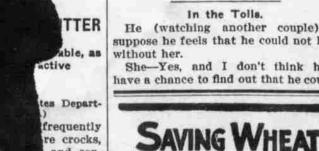
In warm weather melor fruits may be used in pla desserts, which usually butter and sugar. Fruit junket, which can be p skim milk, make a refre

not overwork. 17. Pack in any convenient form for inlarious in such weather, he turned



#### Drawing Off Buttermilk.

prints for market, wrapping the butter in white parchment paper and inclosing in a paraffined carton. all butter-



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home use or make into one-pound around and recognized Simpson, who was keeping dry with the aid of an umbrella.

and curious to know who could feel

"Suppose you're laughing because I've forgotten my umbrella?" growled Rashuns.

"No, no! Come under and I'll tell you," said Simpson. "I have just heard about Mason. He went to a chemist and said to the man: 'Give me something that will banish from my mind the thought of sorrow and bitter recollections.' That chemist must have been an obliging chap, for he made up a dose of quinine, epsom salts, wormwood and a little castor oil for Mason to take, and the poor old chap can't think of anything new except new schemes for getting the taste out of his mouth."

#### Dad's Great Scheme.

Father noticed that his rather obstreperous young son had the quality of thriftiness, and he resolved to appeal to It.

"Sonny," said he, "I'm going to give you a nickel every day if you're a good boy, on condition that every day you are naughty you give me a nickel. Is it a go?"

"I'd like to do it, dad," answered the little fellow. "But I can't afford it. I've only got \$1.26 in my bank to start on."-Peoples' Home Journal.

In the Tolls. He (watching another couple)-I suppose he feels that he could not live without her.

She-Yes, and I don't think he'll have a chance to find out that he could.

is only one

acod point