

BOY SCOUTS

BOY MEN AND SCOUTS

constitution of the Boy Scouts of America reads as follows:

The purpose of the Boy Scout movement is to train young men in the art of citizenship and to develop in them the habit of doing their duty to God, to their country, to their fellow men, and to themselves.

The Boy Scout movement is a part of the national life of the United States of America. It is a movement of the people, and it is a movement for the people. It is a movement that is based on the principles of the Scout Oath and the Scout Law.

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BOY SCOUTS USE A TREK CART.

Some people insist that a camping trip is the real thing unless the camper carries his own equipment on his back. Of course, for the real wilderness outings, where there are neither trails nor pack animals, that sort of thing is necessary. But 99 out of every 100 scouts take their outings through country where it will be easy to pull a trek cart. And the exercise of the cart will be strenuous enough without adding the burden of pack sack.

As for getting a trek cart, there isn't a scout who couldn't rig one up in an hour and at little expense. A pair of stout wheels can be obtained from almost any blacksmith or cooper, and it is a simple matter to fit a strong wooden box. Add a tongue with handles or ropes to pull it by and canvas cover to keep out rain, and the rig is ready for service.

Carrying space in a trek cart is limited and one will have to cut out non-essentials. Campers will need a tent and blankets, a cooking outfit, a first-aid kit, hand ax, plenty of extra rope, lantern, a box of "chuck," tent pegs, a spade for digging and digging latrines, and of course, each scout's personal outfit. This should consist of light articles, materials for mending, and a complete change of clothing.

BOY SCOUT DOINGS.

Scouts at Jersey Shore, Pa., made two hikes to Williamsport, a distance of 15 miles, to attend the departure of Battery "D."

Chief of Police O'Neil of East Orange, N. J., recently made this statement: "East Orange is more free today of juvenile delinquency and crime than at any time in the history of the city. The boy scout movement is almost wholly responsible for this condition. It is the greatest work for boys in the world."

THE KITCHEN CABINET

For the courage which comes when we call.
While troubles like halibones fall;
For the help that is somehow nigh
In the deepest night when we pray;
For the path that is certainly shown
When we pray in the dark alone.
Let us give thanks,
—Ella Wheeler Wilcox.

TABLE HELPS.

CRAB meat makes a most tasty dish used as a main dish for luncheon. Brown or cook until tender a tablespoonful of chopped green pepper and a tablespoonful of chopped onion in the same amount of corn oil.

Take a cupful of crumbs, mix with one beaten egg and a large ripe tomato, add a cupful of crab meat, season well with salt and pepper and if not moist enough add a little soup stock or milk. Butter or oil a baking dish and turn in the mixture, cover with two slices of bacon and bake until the bacon is crisp. Canned crab meat mixed with shredded cabbage with a little onion and green pepper for seasoning and a good salad dressing makes a salad good and not at all common.

Grape Sherbet.—Crush and squeeze through a cheesecloth two pounds of ripe Concord grapes. Add a quart of cold water, the juice of two lemons and honey to sweeten to taste, then freeze as usual. If one has bottled grape juice, that may be used, taking one cupful of grape juice, two tablespoonfuls of lemon juice and a pint of thin cream; freeze and serve in sherbet cups. This is a most beautiful watermelon pink and tastes as well as it looks.

Lemon Sherbet.—Shave the yellow peel from two lemons in waterlike parings. Cover with one quart of boiling water and let stand ten minutes closely covered. Cut the lemons in halves and squeeze out the juice; add one pint of strained honey and freeze.

Potato Flour and Honey Sponge Cake.—Boil half a cupful each of honey and sugar to the soft ball stage (238 degrees Fahrenheit). Beat until thick the yolks of five eggs, beat the sirup into the yolks, add the grated rind and juice of half a lemon, then fold in a half cupful of potato flour and the stiffly beaten egg whites. Bake in a tube pan 30 minutes.

Oatmeal Fruit Macaroons.—Beat together one-half cupful of sugar, one-quarter cupful of corn sirup, one tablespoonful of melted shortening with two beaten eggs. Take two and a half cupfuls of rolled oats, a half teaspoonful of salt and one-half cupful of dates or raisins. Combine the two mixtures and drop in rounds on a baking sheet. Bake in a moderate oven. This recipe makes three dozen macaroons.

For the growth of the spirit through pain.
Like a plant in the soil and the rain—
For the dropping of needless things
Which the sword of a sorrow brings;
Which dawn on us out of the strife.
Let us give thanks,
—Ella W. Wilcox.

THE EMERGENCY SHELF.

WHERE is the housewife however well equipped with resources who does not enjoy the feeling of security which a well-stocked emergency shelf gives her? Usually it is wise to have two cans or jars of each kind and be sure that they are replaced in the next regular order for groceries, as company is often like calamity—it travels in threes.

Condensed milk should be provided in large quantities, for often it is needed in more than one dish.

Canned soups, two of each of your favorite kinds; fish, dried beef, corn, lamb or ox tongue, cheese of various kinds, corn, spinach, lima beans, and string beans, tomatoes, asparagus, plimatoes, olives, nuts, canned fruit, peanut butter, grape juice, salad dressing, choice raisins and a box of marshmallows. Crackers, macaroni, cookies and fruit cake are all good things which will be found most useful in preparing a quick or unexpected meal.

Let us see what can be done with some of these for a good and substantial meal. It is wise to have at hand several well planned menus, with the recipes ready in case one's wits leave one in a sudden emergency.

The fish or shell fish may be used as an escalloped dish or as a salad, with the green vegetables served hot with any desired sauce. Bread, rolls or hot biscuits with tea, coffee or cocoa with a simple dessert of fruit will make a most satisfying meal.

Bean Salad.—Open a can of tender green peas and add one small shredded onion. Fry until crisp and brown a few slices of bacon cut in strips. Pour over the beans, season well, and then add sufficient boiled vinegar to make a good snappy salad. Serve this with sliced tongue or fish croquettes.

Corn Pudding.—Beat the yolks of two eggs, add a cupful of milk, a teaspoonful of salt, a pinch of mustard and red pepper, a can of grated corn and two teaspoonfuls of sweet fat. Mix well then fold in the beaten whites of the eggs and bake in a moderate oven a half hour.

Nellie Maxwell

THE MURMAN COAST



Corner of the Inlet at Alexandrovsk.

THE Murman coast, which Germany, with the aid of Finland, has been trying to seize, is a part of Russian Lapland, being the coast of what is known as the Kola peninsula.

The origin of the name Murman is doubtful, but it is probable that it is a corruption of Norman (i. e., Norwegian) the district being adjacent to Norway. The Russian custom is to change the capital N of a borrowed word into M, so that "Norman" would naturally become in Russian, "Morman" or "Murman." The Murman coast is of immense importance to Russia, since it contains an excellent harbor which is free from ice all the year round—the deep inlet usually called the Gulf of Kola, but now frequently termed the Gulf of Murman.

The region has definitely belonged to Russia for some five centuries, and it is extraordinary that no attempt was long made to utilize it for commercial purposes. It was, of course, very remote from the then center of Russia at Moscow, and the difficulties of communication in a virgin country, even now devoid of roads, probably deterred poverty-stricken and slowly progressing Russia from opening a route to it. It also lay close to the Swedish frontier (the Swedish empire included Finland up to 1809), and the district was frequently raided by Swedish brigands and guerrillas. In 1533 the missionary Metrofan (St. Tryphon) founded the famous monastery Petchenga; but in 1590, seven years after his death, this outpost of civilization was sacked by the Swedes and its occupants massacred to the accompaniment of fiendish tortures. The anarchy of Russia during the early seventeenth century prevented colonizing efforts. For centuries Russia was content with Archangel, icebound for half the year, as her single outlet to the north; and in the nineteenth century large sums were expended upon the improvement of that unsatisfactory port, while the ice-free Murman coast was neglected.

Murman Railway to Alexandrovsk.

This state of things lasted until the beginning of the twentieth century, when a naval station was tardily installed at Ekaterina harbor, a bay at the mouth of the Gulf of Kola. A railway to connect this single ice-free Russian port with Petrograd was projected, but in the usual dilatory Russian fashion, remained a project until the early part of 1915. Then the closing of the entrances to the Baltic and the Black sea, and the consequent isolation of Russia, awakened the allies to the necessity of utilizing the port, and with feverish energy the railway was pushed forward across the 700 miles of wild and desolate country—forest, lake, mountain, and snowy steppe—which lie between Petrograd and Kola. Thousands of workmen were levied to construct it, and in little more than a year communication was established. But the mortality among the workmen was enormous, as was unhappily too frequently the case with the gigantic engineering feats which excited our admiration in Russia.

The railway runs through Kola, at the head of the gulf, and terminates at Romanov or Murmansk, some distance further on. This place was in 1914 a small fishing hamlet, but has by now grown into a place of some 6,000 inhabitants. In the present chaotic state of Russian administration it is governed by seven distinct councils or boards, of which the principal one, the regional council, exercises a general supervision over the town and the province. This council is stated as being friendly in feeling towards the allies. The place is, indeed, practically dependent for food and other necessities upon supplies furnished by the allies by sea; and this vital fact doubtless influences the governing body.

Life in this outpost is curiously artificial. There are no shops or hotels; the councils distribute food and assign lodgings to new arrivals. The cost of living is low, but housework is scarcely obtainable. Wages are enormously high—1,000 rubles a month for locomotive drivers, 600 for ordinary workmen, 375 for dock laborers,

and so on. Even allowing for the depreciation of the paper ruble, the rates are very high.

Rough Country Without Roads. Alexandrovsk, the naval station on Ekaterina harbor, was during the war a depot of British submarines and other mosquito craft. When Russia fell to pieces at the revolution, and Finland became a German vassal state, it was to be expected that an attempt would be made to seize the Murman coast. Hopes were held out to Finland of acquiring an ice-free exit to the Arctic ocean.

The difficulties in the way of an expedition to the Murman region are great. The country is practically uninhabited, so that a military force must take its own supplies. There are no roads, and the country to be traversed is largely mountainous, interspersed with tracts of forest and marsh, presenting many obstacles to military operations, apart from the arctic climate. On the coast, it may be mentioned, the climate is decidedly milder than in the interior.

Kola, the port near Murmansk, where Americans, British and French marines landed in order to protect munitions and provisions originally intended for the Russian government, is situated at the junction of the Kola and Tuloma rivers. Before the war it had only about 600 inhabitants, according to a war geography bulletin of the National Geographic society.

In peace times the chief occupation of the people of Kola is fishing, which is profitably followed by the natives from May to August. Kola is well within the arctic circle, being in latitude 68 minutes 52 seconds. It is 335 miles westward of Archangel, the great White sea port of Russia.

The Peninsula of Kola constitutes the major part of what is known as Russian Lapland. It is bounded on the north by the Arctic ocean and on the south by the White sea. Its area equals that of the state of New York and is largely a plateau having an average elevation of 1,000 feet.

FIRMLY BELIEVE IN CHARMS

Impossible to Shake Faith of Inhabitants of Some Parts of Rural England.

Superstition dies hard, and in the out-of-the-way rural districts of England the people still have a firm belief in herbs and charms as a cure for their various ills.

In Cheshire, perhaps, such superstitions are most numerous, and a native will tell you that hedgehogs are useful in the cure of epilepsy, that ointment should never be applied with the first finger, as that one is venomous, and that a child's nails should never be cut during the first year of its life, or it will grow up light fingered.

Most curious, however, are the cures recommended for whooping cough. A lock of hair should be cut from the sufferer's head, and put into a hole bored in the bark of a mountain ash, after which the hole should be closed. The whoop will vanish in three days under this treatment.

Many strange cures are suggested for ague. In Lincolnshire, for instance, the method is very elaborate. The sufferer should get up at sunrise on the first day of the month, making sure his pockets are empty, take a carving knife that he has bought and used himself, plunge it into an ant hill, and twist the knife as many times as he has had fits. Then, lying flat on the face, with head pointing to the sun, he should breathe as many times as he has suffered into the hole in the ant hill, and then return home, speaking no word until he has broken his fast.

Internal Revenue. More than \$3,500,000,000 has been collected in internal revenue taxes, including income and excess-profits taxes, for the fiscal year. This exceeds by over \$100,000,000 the estimates made a few months ago, and by over \$200,000,000 the estimates made a year ago when the revenue measures were passed by congress.

POULTRY FACTS

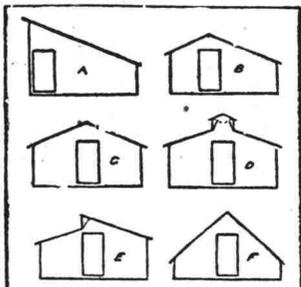
ROOFS FOR POULTRY HOUSES

Several Kinds of Material Can Be Used in Making Covering—It Should Be Watertight.

(Prepared by the United States Department of Agriculture.)

There are several kinds of material that can be used in making a roof for the poultry house, but it should always be kept in mind that the roof should be water tight. If it is allowed to leak, the interior of the house will get damp, the birds will become unhealthy, lose vigor and be more susceptible to fatal diseases. Shingle roofs should have a one-third pitch, while those covered with paper or metal may have a less pitch or be almost flat. However, the greater the slope the longer the life of the roof.

Specially prepared paper or shingles laid on sheathing may be used for covering the roof. Roofing papers are used very extensively for poultry houses at the present time and in many places are replacing shingles. As a rule the former are cheaper and easier to lay, while they can be laid on a much flatter roof than the latter. One or two ply paper is usually used on the sides, and one, two and three



Types of Roofs for Poultry Houses—A, Shed; B, Combination; C, Gable; D, Monitor; E, Semimonitor; F, A-Shaped.

ply paper on the roofs, although this varies with different styles and grades of manufacture. This paper generally comes in rolls or squares which cover 100 square feet and contain directions and materials for use in laying. Paper may be used on roofs which have a slope or rise of one or more inches to the foot. Sheathing for paper roofs must be planed on one side and laid tightly to present a smooth surface for the roofing paper, while sheathing paper is often used between the sheathing and roofing paper. Shingles may be laid from four to five inches to the weather on roofs which have one-third or more pitch, which is a rise of 8 or more inches to the foot, or one-third of the span of a gable roof. Cedar and cypress shingles are usually laid five to six inches to the weather on walls or on roofs with one-third pitch, but not generally used on roofs which have a rise of less than eight inches to the foot. One thousand shingles, or four bundles of cedar shingles, are equivalent to 1,000 shingles four inches wide. In shingling, commence at the eaves or lower edge by laying a double course, while the rest of the layers are of single courses. They are laid either to a chalk line, which is fastened at the right points at either edge of the roof and snapped to make a mark for the lower edge of the tier of shingles, or to a straight-edged stick. Each shingle is nailed with two either five or six penny nails, driven seven to eight inches from the butt, depending upon the lap, so that the heads of the nails will be covered by the next course. One thousand cedar shingles laid four and one-half inches to the weather, cover about 125 square feet, depending on their size. Shingles may be laid on narrow sheathing three to five inches wide, or on common sheathing, which is spaced from one to two inches apart to allow the roof to dry out quickly, and they should break joints at least one inch and as much more as possible.

The average novice can reasonably expect to get at least ten dozen eggs from each hen.

RETURNS FROM SMALL FLOCK

Average Novice Can Reasonably Expect to Get at Least Ten Dozen Eggs From Each Hen.

(Prepared by the United States Department of Agriculture.)

The average novice can reasonably expect to get an average of at least ten dozen eggs per hen per year from his small flock in the backyard. There is nothing difficult in the care of the small flock if the important things are done at the right time and in the right way, and the system involves nothing too hard for a child given proper directions.

SUPPLY YARDED FOWLS GRIT

Sometimes Lime Needed for Shell Making Is Scarce—Keep Oyster Shells in House.

If poultry has been kept on the same range for many years, it is a good plan to keep a few oyster shells in the houses, as there is sometimes a scarcity of things about for the hens to pick up that contain the lime needed for shell making. Yarded fowls must have grit and shells all summer through, as these are not winter feeds as some would believe.

FARM ANIMALS

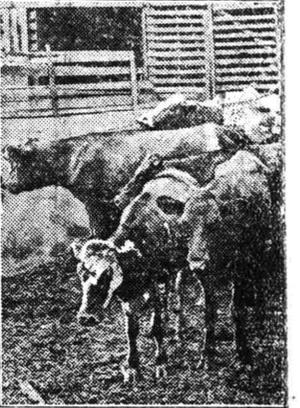
FATTEN CALVES FOR MARKET

Tests Conducted by Bureau of Animal Industry and the Alabama Experiment Station.

(Prepared by the United States Department of Agriculture.)

In cattle feeding contests conducted by the bureau of animal industry of the department of agriculture and the Alabama experiment station, covering a period of five years, the fattening of grade calves for market proved profitable in every test made.

Cottonseed meal, cottonseed hulls and alfalfa hay proved to be an excellent ration and a profitable one for fattening calves. Cottonseed meal and



Stock Raisers Will Find It to Their Advantage to Take More Pains to Find Out Needs of Their Animals and Feed Them Accordingly.

cottonseed hulls proved to be a good fattening ration for calves for a short feeding period.

When fed in conjunction with cottonseed meal, corn silage of rather poor quality produced the same daily gains on calves as did cottonseed hulls and cheapened the cost of the daily gains.

The substitution of two-thirds of the cottonseed meal in a ration with corn did not prove profitable when corn cost 70 cents a bushel and cottonseed meal \$26 a ton.

In one test it was profitable to replace one-third of the cottonseed meal with corn-and-cob meal, but in a second test nothing was gained by the introduction of corn-and-cob meal. The first year the calves which received corn-and-cob meal made slightly larger daily gains and sold for more than did the calves which received cottonseed meal as the sole concentrate. The second year the addition of corn to the ration did not increase the size of the daily gains, nor did the calves which received corn sell for any more per pound than the other calves.

In a third test 52 high-grade Aberdeen-Angus calves fed on a ration of about three pounds of cottonseed meal, two pounds of cowpea hay and as much cottonseed hulls as they would eat made daily gains at a cost of \$5.55 per hundred pounds and returned a net profit of \$3.50 each.

In a fourth experiment 34 calves which were fed for 112 days in the dry lot and then fed 90 days on pasture made good daily gains, but the profits were not as large as they would have been if the calves had been sold at the end of the winter. The gains made during the summer were good and were made cheaply, but the price of calves was so much lower in the summer than at the close of winter that the continued feeding into the summer months was not profitable.

NOW FREE OF TUBERCULOSIS

Pure-Bred Herds That Have Successfully Passed Annual Tests Are Placed on Accredited List.

(Prepared by the United States Department of Agriculture.)

One hundred and seventy-one herds, representing 6,250 cattle, were qualified June 1 for the accredited list of pure-bred herds of cattle free from tuberculosis which the department of agriculture is developing to insure disease-free sources of pure-bred stocks. In order to have his herd accredited the owner must comply with uniform rules approved by the United States department of agriculture and adopted by nearly all of the states, which require that every animal pass at least two successful annual tuberculin tests. In addition to the number of herds mentioned, more than 600 others have passed one successful test in preparation for accrediting. One of the many advantages of having accredited herds, which is proving popular with breeders, is that the owner may make interstate shipments accompanied by a certificate at any time within one year without subjecting the animals to further tuberculin tests.

Parasites Are Troublesome.

External parasites are extremely troublesome on live stock. They do most injury when the animals are low in condition, for strong stock can resist them better than the weak ones.

Hogs Must Have Water.

Hogs must have water to drink, and if they cannot get fresh clean water in the trough or fountain they will drink wherever they find water, regardless of its condition.