

FARM TOPICS

SANITATION WILL HELP SAVE CHICKS

Clean Brooder House Helps Prevent Infection.

By T. T. Brown, Extension Poultry Specialist, North Carolina State College, WNU Service.

Poultry can be one of the most dependable enterprises on the farm, but the birds must be protected from disease. As more birds are raised, and brought into closer contact with one another, the danger of infection increases.

Moving the brooder house to a new location, where it will be on clean ground, will help cut down the chance of infection. Before it is moved, it should be scrubbed thoroughly with a solution of one pound of lye to 15 or 20 gallons of water.

If the brooder house cannot be moved, several inches of the top soil around the house should be taken up and replaced with clean soil from an area where no chickens have ranged during the past year or two.

Keep the brooder house clean, and don't feed anything that will attract flies, such as liquid milk. Flies spread tapeworms.

When the chicks are 10 to 12 weeks old, or as soon as they become well feathered, move them to summer range shelters where they can range on clean land.

It is a good idea to place the range shelter on the lower part of sloping land so that it can be moved up the slope occasionally during the summer season. If the shelter cannot be moved, clean it out at frequent intervals.

The brooder house runs or yards should be sown to a grazing crop such as Italian rye grass, wheat, oats, barley, rye, clover, alfalfa, or lespedeza. These crops purify the soil and produce grazing.

Fences on the Contour Get Rid of Point Rows

Contour farming in a square-fenced field usually makes a number of short rows or point rows in the corners. Many farmers in demonstration areas are getting rid of the point rows, which are a nuisance to cultivate, by rebuilding fences to parallel the curvature of the contour, says Charles R. Enlow, chief agronomist of the soil conservation service.

One farmer, who had a permanent pasture adjoining a cultivated field, added the point rows to the pasture and added some of the pasture at the upper swing of the contour to the cultivated portion of the farm. In the end he had about the same acreage of pasture and cultivated land as before. He protected the grass by not moving the fence until the grass was firmly established.

When land next to a cultivated field has a soil that is rocky, thin, or unproductive, it should not be added to the cultivated portion of the farm.

East Front Laying House

An east front laying house is preferred to the common south front structure, by the Ohio experiment station, after seven years of experience. During ten months of the year, direct sunlight can enter the east front and penetrate to practically the entire interior. On the other hand, direct sunlight can enter the south front only during the winter months, when it is less potent and the weather is such that the windows are closed most of the time.

Along the Windrows

Thin-shelled eggs indicate a lack of minerals or of vitamin D in the hen's ration.

Wheat raised in Argentina in the 1937-38 season weighed nearly 6,000,000 tons.

It takes 34,000 acres to produce the corn required by the Oregon poultry industry.

Using a magnet from an old tractor a farmer can remove metal objects from feed.

Since the composition of eggs is two-thirds water, a gallon of water is required to form 100 eggs.

Sleeping sickness among horses was first recorded in Germany in 1880 and appeared in United States about 1890.

Some poultrymen, with a special market, have found capons profitable. The work should be done when the birds weigh about two pounds.



WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—Mrs. Joseph P. Kennedy has been an effective social and political ally of both her father, former mayor of Boston, and her husband, ambassador to the Court of St. James. But the news that, in accordance with her husband's decision, she presented only seven American women at court is one of her rare appearances in the headlines.

The 11 engaging Kennedys have been viewed more or less en bloc in the news and Mrs. Kennedy has never been in a very sharp lens focus.

She was one of the prettiest of Boston debutantes, 30 years ago, a rollicking girl with black hair and eyes of Irish blue.

Back home from her convent training, she taught her father "Sweet Adeline."

He was John F. (Honey Fitz) Fitzgerald, and in his campaigns he sang his way to memorable political fame—riding like a surfboard the long, lingering "swipes" of the song taught him by his daughter—"the flower of his heart."

Joseph P. Kennedy, her childhood playmate, was twenty-five years old when they were married in 1914.

He borrowed \$2,000 for a down payment on a \$6,500 house. Their fortunes grew as their family, with Mr. Kennedy president of a bank, in a year or two after their marriage.

Mrs. Kennedy once told a Boston drygoods clerk that she bought 200 suits and dresses a year. It takes a heap of shopping to make a home, like the Kennedys', and she became known among her friends as a paragon of household efficiency comparable to the one in Solomon's off-hand apostrophe to such skills and virtues.

Now she is mistress of the "castle" which was once J. Pierpont Morgan's home; also of a beautiful mansion in Bronxville, N. Y., a huge summer estate at Hyannisport, Cape Cod, and a villa at Palm Beach, built by one of the Wanamakers.

She is slender and girlish, comely and vivacious, weighs 115 pounds and takes size 14 in dresses. Vionnet makes her gowns and she is envied by other women for her magnificent jewels—notable among them being a ruby and diamond bracelet which, it is said, is matched only by the one the Aga Khan gave his princess.

But she never lets the children run to unseemly display, holding them to restraint in regime and dress. Even without all these adventitious fixings, say her friends, she would be an admirable ambassador's wife, with her own quite adequate equipment of tact, charm and intelligence.

MAN and boy, this journeyman has helped process a lot of explorers' and adventurers' copy through the news mill. If it was ghost-written, it had only slick and synthetic excitement, like Ersatz pastry, and if it wasn't it was usually dull. Happily in contrast are the doubtlessly authentic and personally written yarns of W. H. Tilman, leader of the British Mount Everest expedition, now getting under way.

These stories from the Tibetan base camp have a professional ease and fluency, along with a ring of integrity which gives assurance that Mr. Tilman is really writing them. There is no ghost on the job here.

Mr. Tilman is thirty-nine years old, a keen-faced, hard-muscled Britisher of medium stature.

He has climbed mountains in the Alps and in Africa, including Mounts Kenya, Kilimanjaro and Ruwenzori. This is his fifth expedition to the Himalayas. The entrants in this high hurdle event are not youngsters. N. E. Odell is forty-seven, F. S. Smythre is thirty-seven and the others are all over thirty.

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DIZZY DRAMAS—Now Playing—"Dog Race"



WHAT to EAT and WHY

C. Houston Goudiss Describes the Place of Fats in the Diet

Nationally Known Food Authority Compares the Different Cooking Fats and Shortenings

By C. HOUSTON GOUDISS
6 East 39th St., New York City.

THERE are, perhaps, more false notions concerning fats than any other class of foods.

Some homemakers, considering them as "fattening" only, try to eliminate them entirely from the diet. Others have the impression that foods containing fat are difficult to digest, and for this reason deprive their families of many delicious and healthful foods. Both points of view arise from ignorance of dietary facts.

Fats Are Necessary to Health
Fats have a number of important functions to perform. They are a concentrated fuel food, having more than twice the energy value of an equal weight of protein or carbohydrate.

One-half ounce of fat, that is one tablespoon, yields 100 calories, and were he able to eat it, a man could obtain an entire day's fuel from three-fourths of a pound of fat. It is interesting to note that it would require nearly eight pounds of cooked rice to give the same number of calories.

In Oriental countries, where large populations live in great poverty, fat is usually scarce and it is necessary to consume huge quantities of food in order to meet the daily fuel requirements. As a result, most of the people develop distended abdomens.

Children Must Have Fat
Because fat is such a compact food, nutritionists agree that for growing boys and girls, and men engaged in strenuous physical exercise, fat is almost essential, if they are to get enough total calories.

There is also experimental evidence that at least a small amount of one or more of the unsaturated fatty acids must be supplied by the food if normal nutrition is to be maintained. And two competent investigators found, experimentally, that the presence of fat in the diet tends to conserve vitamin B in the body.

Some fats, especially those from

animal sources, are rich in vitamins A and D, and fats made from vegetable oils may contain vitamin E.

Fat and Hunger
Perhaps the greatest service performed by fat is its ability to give "staying power" to the diet—to satisfy hunger. In this respect, it directly affects the disposition and may influence the ability to enjoy life.

The shortage of fats in European countries during the World War graphically demonstrated how a deficiency of this class of foods can destroy the morale of entire nations.

With supplies cut off or very greatly curtailed, the warring countries found it necessary to ration fats closely. As a result, their people were always hungry and dissatisfied, even when their actual needs were satisfied. In this connection, it is interesting to note that a slice of bread and butter or margarine will delay the onset of hunger longer than a slice of bread and jam, even though the number of calories may be the same.

Different Fats Compared
As sources of energy, the different food fats are very similar. Thus, the homemaker's choice may be determined by preference, convenience, economy, and the use to which the product is to be put.

The various forms of edible fats and oils are derived from both animal and vegetable sources. They include butter, margarine, lard, compounds, which are a mixture of animal fats and vegetable oils, hydrogenated fats, and the liquid vegetable oils.

Butter and margarine are used chiefly as a spread, and it is interesting to note that the annual per capita consumption of margarine is steadily increasing, as homemakers have discovered that the use of this less expensive product releases more money for milk, fruits and vegetables. Margarine is interchangeable with butter for dressing vegetables and in doughs containing spices, fruits and chocolate. Its shortening power and keeping qualities are similar to those of butter.

Lards, compounds and other shortening fats are useful not only as a means of increasing palatability and food value, but to add flakiness to baked foods and to produce a crisp coating which seals in the minerals and vitamins of fried foods.

Lard is used chiefly as a shortening for pastry, and a good grade will be found to be white and free from objectionable odors. The highest grade, called leaf lard, is produced from the leaves of fat in the sides of the hog.

When made by a reputable manufacturer, the compounds prepared especially for cake making, for shortening pastry and for deep-frying, are wholesome, highly nutritious and give most satis-

By Joe Bowers



Are You Overweight? You can REDUCE Safely - Surely - Comfortably

Send for This Free Bulletin Offered by C. Houston Goudiss

Readers of this newspaper are invited to write to C. Houston Goudiss, at 6 East 39th Street, New York City, for his scientific Reducing Bulletin, which shows how to reduce by the safe and sane method of counting calories.

The bulletin is complete with a chart showing the caloric value of all the commonly used foods and contains sample menus that you can use as a guide to comfortable and healthful weight reduction.

factory results. They are a most economical form of shortening.

Digestibility of Fats
Because of their ability to retard digestion somewhat and thus give satiety value to a meal, the impression has grown up that fats are "difficult" to digest. This results from confusing the length of time required for digestion and the completeness with which a food is digested.

When "digestibility" is regarded in the popular sense of the ease, comfort and speed with which the digestive organs carry on their work, it is conceded that fats in general retard the secretion of the gastric juice and thus cause food to remain longer in the stomach.

On the other hand, most fats have such a high coefficient of digestibility, that under normal conditions only about one-twentieth of the fat eaten escapes digestion. Experiments indicate, for example, that the coefficient of digestibility of oleomargarine is 97.55 per cent.

It is sometimes erroneously stated that pastry is indigestible. This statement is without foundation, provided the pastry is made from a high grade shortening and is properly baked. Similarly, fried foods come in for a great deal of criticism that should not be charged to the use of fat, but to incorrect methods of cooking. If food is properly cooked in fat that has a high smoking point, there will be no opportunity for decomposition products to develop.

How Much Fat?
Nutritionists have ample evidence that health is best served when 30 to 35 per cent of the total energy value foods is provided in the form of fat. This will include the fat of meat and the fat used in cooking the many delicious fried and baked foods which make eating a pleasure.

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Do You Want to Learn How to Plan a Laxative Diet?

Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combating faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods and contains a full week's sample menus. A post-card is sufficient to carry your request.

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