

FILTH DISPOSAL METHODS GIVEN

Sanitation And Cleanliness In Care Of Privies Are Needed

BURY KITCHEN WASTE
Drainage Systems In Homes Should Not Empty Into Cess Pools

(By Elmo G. Harris)

PART XII.

We will give attention first to the conditions of a country home that has no sewage system. This of course covers the vast majority of isolated homes.

Here we are to give a sermon on the virtues of dry earth. In this we must discuss unpleasant things. Let us look the problem squarely in the face; recognize it as it is, resolve to break away from precedent, to be consistent, and to do our plain duty.

The first great problem of sanitation and cleanliness with the human is to get rid of his own filth, primarily as a safeguard to health and for other more apparent reasons. That it is so often neglected is one of the most glaring inconsistencies of the race. Who would tolerate a neglected privy in the front yard? No one. Why? Only because they are offensive to the sight. The danger is just as great from such a thing in the back yard, tho perhaps somewhat concealed, and the members of the household must see and smell it wherever it is. It is the welfare of the family we are considering, not the esthetic taste of visitors. As in so many other problems relating to preservation of health we can, if we safeguard health, gain many other desirable conditions at the same time.

To those who would consistently take precautions for the health and comfort of the family we would say, keep the back yard as clean as you do your front yard. (Cleanliness does not mean beauty). It is there that flies and mosquitoes are apt to breed and from there they enter the house.

Neglect of Privies

As to what to do about the privy the answer is easy and the labor necessary is less than in many of the multitude of things that must be done daily about the home, yet thru false pride or an aversion of the master to mention these disagreeable things it is neglected.

Build the privy with the back in the garden. Provide a hard floor (cement is best) on which a shovel will easily slide. Use a quart of dry earth with every visit.

Clean out once a week or oftener and bury in the garden. Follow these simple directions and one of the disagreeable things about the country home will be no more.

Too much is not likely to be said of the virtue of dry earth for concealing and suppressing the evils of any kind of filth. It suppresses the odor, does away with the unsightliness, dries out the matter so that it can be shoveled without offense and retains the fertilizing matter.

A few barrels, or boxes of dirt shoveled up in the garden in October will last an ordinary family thru the winter. In summer it should perhaps be used more freely but can be wheeled in as desired.

While on this subject it is proper to call attention to the fact that in the method of treatment just described lies the solution of the chief problem of sanitation for towns and villages that have no water supply and sewerage system. The one need (usually lacking) is public knowledge of the effectiveness of the system and someone vested with authority to make every household attend to it. Of course it can be modified by carting away the earthy matter and depositing on fields where its fertilizing value will repay for hauling.

Kitchen Waste

In summer there will be an excess of waste matter from the kitchen that will not be consumed by chickens or stock, such as melon rinds, peelings, feathers, etc. This should be systematically buried. For this purpose it is convenient to start a trench say a foot wide and a foot deep. Then use the earth excavated in extending the trench to bury the refuse thrown in the open trench to the rear.

There is no longer room for doubt that decaying matter, both animal and vegetable, is a menace to the health of both man and beast.

The effect of dry earth in suppressing the evils of filth is more active, interesting and important than is generally supposed. In all natural earth there are myriads of bacteria, not poisonous but beneficial. As nature has provided, it is the duty of these

bacteria to attack decaying matter and quickly reduce it to a harmless state. It is further apparent that earth has some power of absorbing odors. The exact nature of these processes are not fully known, but we suspect that this bacterial life has more to do with this and with the fertilization of soil and the growth of plants than has been found out. The most beneficial bacteria do not work in water logged soils. Hence the advantage of dry earth that will absorb liquid without becoming saturated. Such a quantity should be used that the mass will not become saturated. A saturated solution of copper-sulphate (Blue stone) sprinkled in a privy once a day will keep down the odor and sterilize all the mass. Lime intensifies the odor.

Drainage About the Home

After the statements in the preceding paragraph we are prepared to make the further statement that the home premises will not be healthy unless so well drained that the soil cannot remain saturated for any considerable time.

In building a new house with a full basement (and every farm house should have a full basement) a drain must be provided. No basement should be built that cannot be so drained. If the country is flat, put the ground floor near the surface. It is not impossible to keep dampness out of a basement without drains but it is so expensive as to be prohibitive for most farmers.

In case of old damp cellars the best that can be done is to lay a drain round on the inside and connect with a drain leading away to some low point, then concrete the floor and walls.

Sewage Disposal

Disposal of sewage is one of the great problems of the day for cities that have no great river flowing by into which the sewage can flow without perceptibly affecting its purity. The problem is not so serious for private homes, nevertheless it is a problem, and must be studied and the scheme carried out with care; otherwise the water supply may be the reverse of a sanitary move.

First let us condemn forever and unqualifiedly the cesspool. Could anything be more inconsistent with the laws of decency and health than to dump into an open pit in the back yard all the worst and most dangerous filth of a human habitation? There to let it putrify and the poisonous liquid matter soak away into the ground; and that probably within fifty feet of the cistern or well (yours or your neighbor's). Should we deliberately blind ourselves to the indecency and danger simply because the stuff is out of sight? In cities health officers forbid it. In the country home the owner must be the health officer.

The Septic Tank

To a superficial observer a septic tank may seem closely related to a cess-pool. Then let us draw the contrast. To a cess-pool there is no outlet, so the water must soak into the ground after remaining in the putrifying mass indefinitely. A septic tank is made water tight except the inlet and outlet pipes. The water remains in the tank not more than twelve hours, during which time most of its harmful properties are destroyed by living organisms, and all changeable matter is changed to liquid form, then the liquid matter passes out to some stream or to be spread over the surface of some field where it will be quite harmless and in soaking thru the surface soil the soil bacteria render it entirely harmless.

The whole action of a septic tank is dependent on the work of bacteria. The conditions are such as is known to favor the activity of certain kinds that attack the filth and to a great extent decompose it, in less than twelve hours. One noticeable result is that the worst part of the solid matter is changed to liquid form, so that when it flows away there is nothing unsightly about it, and it can be completely disposed of by filtration or irrigation in a garden or field.

Knowing the theory of the action in the tank we at once see that it should be so made that the matter will pass slowly thru; all remaining in as nearly as possible the same length of time. A dry-goods box can be modified to make the interior mould and the outside and bottom can be moulded against the earth. A good quality of concrete should be used, but no time nor expense need be given to making it smooth. It is not to be a clean thing.

When in proper operation there will be thick scum over the top of the liquid. This scum is the work

MACON COUNTY AGRICULTURE



PRAISE FOR OTHERS

A real test of character is the way one receives, from the man she loves, praise for another woman. Most women cannot stand for it. To them every other woman is "all right, but..." Is this catty trait due to jealousy, or a desire to hear one's self the object of discussion and praise, or a suspicion that the man is talking thusly merely to impress you with his popularity with others of your sex?

The fair thing and the noble thing is to like other women and girls, to have a real sex loyalty and to acquiesce when praises are sung of your sisters. One does not need to be over enthusiastic; but to always see some fault to counteract the praise is petty, or worse. Women are not the only offenders in this sense. If women are cats, the male sex are frequently curs. No more than women—do they relish having the woman of their heart rave about the virtues of a possible rival.

CHIFFONIERS

Very often the household furniture will increase in quantity and we find ourselves with a chiffonier or two which we no longer need in a bedroom. Such an article may prove very useful in any part of the house. In the kitchen, it may hold extra handkerchiefs, aprons, work gloves, dish or hand towels, paper sacks, string, waxed paper or any such accessories. In the dining room it may be filled with table linen and silver.

In the laundry a chiffonier may be the repository for soap, soap powders, clothespins, starch, blueing and all sorts of laundry supplies, or even the dust and cleaning cloths needed by the household.

In the hallway, it is the place in which to keep gloves, the last clean hankie, face powder, purse, note book and pencil, scarf, fur neckpiece and even the soft, collapsible hat.

The chiffonier may serve as a medicine cabinet in the up-stairs hall. In it one may find gauze, salves, hot water bottle, electric pad, syringe, and all kinds of medicine bottles which do not spill, or properly bolstered up in boxes so that they will not upset.

In the bathroom, the chiffonier holds the clean towels and wash cloths, soap, toilet supplies and even the clean underwear, which the members of the family may get without going to their own rooms. In the sewing room the chiffonier is invaluable and no housewife needs a hint as to what it may contain there.

The chiffonier may take the place of the linen supply closet, holding the clean sheets, pillow slips and bed spreads. In the living room, the chiffonier may be the center of pleasant associations, housing the family photographs, picture post cards and souvenirs of trips.

SANDWICH FILLINGS

Almost anything you like to eat is good as a sandwich filling. Even baked beans will surprise you with their desirability. Cucumbers or pick-

les are excellent ingredients of sandwich filling, as their cool crispness and tartness seem to add the necessary piquancy.

To chopped cold meat, tongue for example, add chopped cucumber, a slice of chopped onion and a minced pimento. Mix to a paste with mayonnaise dressing. Add chopped cucumbers to cottage cheese, season with paprika, if you wish. All sorts of jams are good in sandwiches. Olives combine well; cheese is an old standby. Hardboiled eggs are nourishing and delicious, if given the tang of some tart sauce. Shredded fish, meats, and chicken rarely fail to please, and ham is always acceptable. Nuts and lettuce and any salad may be used as sandwich fillings. For hot sandwiches either toast your prepared sandwich in the oven or fry it in a buttered frypan, toasting first one side and then the other and heating the filling; or combine the filling with hot white sauce.

Child food habits are largely a matter of habit. This emphasizes the importance of beginning early to cultivate the proper food habits in children. This is best done by serving the proper foods to them from earliest infancy—the proper cereals, egg, milk, orange juice, carrots and greens put through a sieve.

To make a child like a food, adults should set a good example by eating it. The food should be well cooked and attractively served. The table should be set artistically and pretty dishes used, and servings should be small. The happiness of the meal-time hour helps.

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HOUSE HARDWARE

Of recent years, more attention has been paid to excellent and artistic hardware for the home. Many antique designs have been revived, among which are wrought iron hinges, patterned after those used in colonial houses or in medieval Spain. They resemble the hand forged and antique brass work. The new ones are made of durable bronze and rustless iron.

Some antique lovers are removing the doorknobs and hinges of their homes and putting in their place the thumb latches and strap hinges of olden days; but they are made more efficient and artistic with modern improvements and will almost "last forever." A knocker on such a door completes the period style. Visit the hardware department of some up-to-date store and see what attractive novelties are in the market for you.

RICE

An inexpensive, nutritious and palatable food is rice. It is often spoiled by being cooked too long and not being salted enough. The salt should be put into the water before the rice is added, a teaspoon of salt to a cup of rice. It is cooked when the kernels can be crushed easily.

Rice may be combined with more nutritious and strongly flavored foods, as with cheese, meats or eggs. It may be used as the base of an escallop or cold, with vegetables, fruits or meats in a salad. Rice pudding with milk and raisins or cocoanut is delicious. Spanish rice, with tomatoes is a popular dish.

CURTAIN RODS

For casement windows, or other summer windows in which the dainty curtains will interfere with the freedom of the winds or be spoiled by blowing against the screen, there is the new invention of the curtain rod on hinges. It may be swung back from the window, as a door is swung open, carrying the curtains to a place of safety, well back against the wall.

WHY IS CAKE HEAVY?

A cake may be heavy because the batter was not beaten sufficiently. It should be well beaten after each addition of flour and milk. There may have been too much shortening used, or too much sugar or too

GROW SOYBEANS TO GET LEGUMES

Hay Should Be Cut When Pods Are Well Grown

CROPS EASY TO GROW

Growth Good On Variety Of Soils, Under Varying Conditions

(By F. S. Sloan, County Agent)

To lower the cost of production and make the dairying, beef, and sheep industry in Macon county more profitable we need more legume hay for winter feed. By feeding good legume hay the amount of protein to be supplied by cottonseed meal or some other feed high in protein content will be reduced. If every livestock farmer in Macon county produced enough legumes to winter his stock the money expended for concentrated feeds would be considerably less than in the past years.

For a milk cow the roughage requirements are two tons per animal or one acre of soybeans. For mature beef animal the requirements are one and one-half tons per year and for sheep four hundred pounds of good hay. Very few animals of either class in Macon county get the requirements, or full feeding during the winter months and for this reason are not as profitable as they should be because of the low production and slow gains.

Soybeans For Legumes

Soybeans are one of our best legume hay crops for Macon county, and are comparatively easy to grow. They will make a good growth on a wide variety of soils and under varying seasonal conditions. However, it will do best on well drained soils of fair fertility. Cowpeas and velvet beans are better adapted to very poor soils.

The time of seeding in this section is usually from May 10 to June 20 and type of seeding for hay is to either drill solid or plant in two and one-half foot rows. The yields are often better when planted in rows and cultivated two or three times, especially where grass and weeds are bad. If they are to be grown on land for the first time, it is generally advisable to inoculate by either using soil from a field which has previously grown soybeans or to use commercial cultures. If the soil is to be used dampen the seeds with a mixture of one-half syrup and one-half water. Finely screened soil is then sprinkled over the beans and they are stirred with a shovel until they are well coated with the soil. They may be planted while damp or allowed to dry in a shady place.

When to Cut Hay

Soybean hay should be cut when the pods are grown and about half filled out. If cut at an earlier stage of maturity, the protein content will be higher but the yield will be less and the hay harder to cure. Hay cut after the seed are fully grown usually contains a large per cent of wood stems and the loss from the leaves shattering is usually greater than the gain from the matured seed because they will shatter badly when dry and in handling.

The varieties that seem to do best in this county are Virginia brown, Laredo, and Mammoth yellow, although other varieties are good and are favored by several of the farmers.

Each farmer should try to sow enough to winter his livestock this next winter and lower the feed costs as well as to improve his land by growing a good legume.

much liquid; or the oven may have been too hot or too slow. One should be sure to use a reliable recipe and measure accurately.

HOMES

"Homes are the greatest asset a nation can have. No matter how rich a nation may be in natural resources, agricultural pursuits, factories and industries, unless it is also rich in simple homes of the cities, villages and countryside, it is a weak nation."—Mary Sherman.

WHEN REDUCING

If you wish to cut down your weight, lessen the amount of bread, cereals, sweets and fats which you eat, but do not cut out the foods you need to keep up your health. These are the vitamins and mineral salts to be found in fruits, vegetables, cheese, milk and eggs. If you need extra vitamins, take cod-liver oil.