

State College Hints To Farm Homemakers

(By Ruth Current)

Vitamin C on the Wane: In planning family meals for late winter and early spring, the housewife will be wise to provide more of the foods that are rich in vitamin C—tomatoes, oranges, grapefruit, fresh green cabbage, kale, and other fresh greens—to offset losses of this vitamin which many vegetables and fruits suffer during winter storage. Tests at many state agricultural experiment stations have shown a gradual loss of vitamin C in potatoes, apples, onions, cabbage, parsnips, and even in some canned fruits and vegetables over the months in storage. Family meals may run low in the C vitamin and this may show up in a rundown feeling and "spring weariness."

According to O. P. A., sugar-canning allowance for 1945 are to be based on actual canning needs—a maximum of 20 pounds per person may be issued but no more than 100 pounds per family.

The sugar allowance enables home canners to put up about as much fruit as last year, if they use all canning sugar as intended and stay within recommended wartime proportions of fruit to sugar—that is, use one pound of sugar to each four quarts of fruit. These proportions make a medium-thin syrup.

The safe way to deal with a discolored stain is to sponge with a cloth moistened in cool water. If the stain is not greasy. If the stain appears to be greasy, sponge with cleaning fluid (grease solvent). Most common household stains will dissolve in one or the other of these safest solvents.

Stains tend to become set with age, so stained garments should not be put away until some convenient future time. It pays to be "Johnny on the spot" with any spot. The sooner a spot or stain gets the "hot" treatment, the easier it is to remove.

Plant Soybeans For Cheaper Hog Feed

An acre of soybeans, planted in early April, will furnish growing pig and stock feed for about 100 days. This feed will cost about 10 cents per bushel, or about 10 cents per bushel of corn. Soybeans are easy to grow and are planted in rows about 2 feet apart. They are ready for grazing when about 12 to 15 inches high. Fertilization gives earlier grazing and more grazing per acre.

Tests show that good pigs, weighing from 50 to 100 pounds, will gain better than a pound a day on green soybeans when fed only one of two large ears of corn a day along with a simple mineral mixture, the specialists say.

A mineral mixture can be made of 1 gallon of ground limestone, 1 gallon of hardwood ashes, and 1 quart of salt; or 10 pounds of ground limestone, 10 pounds of steamed bone meal, and 5 pounds of salt.

Wheat grown 22 years ago in Colorado has recently been made into good bread. Yes, it had vitamins too but no one was unduly excited about them then.



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Thanks for your report, I got the medical certificate and the Red Cross mail!

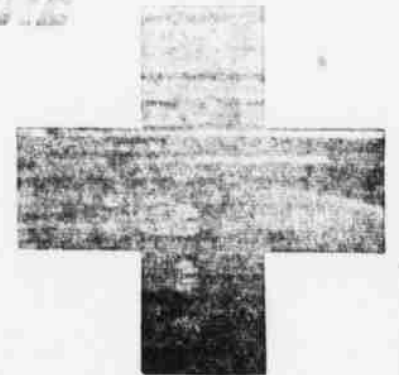


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