

## Check Barns For Accident Hazards

One item that should be on every farmer's winter chore list is a check of barn accident hazards, says I. C. Yagel, county agent for the State College Extension Service. Before the rush of spring work starts there should be ample time to spot them and see that they are removed.

Check your barn for loose objects or things that may cause falls. High door sills, abrupt changes in floor levels, weak boards, protruding cleats or other tripping hazards should be removed. All floors should be solid, smooth and continuous. Do some housecleaning and set things in order if the alleyways or work areas are obstructed with feed, tools, harness, feed carts or other obstacles. Don't work in the dark; see that dangerous corners and work centers are well lighted. Avoid storing loose materials overhead and see that forks or other barn equipment are kept in safe places.

Loft doors, feed chutes and ladders need special attention. A well constructed stairway that is hand-railed and kept clean provides the safest and easiest passage to hay mows. It is dangerous to use stairwells as feed chutes because loose hay or straw makes footing uncertain. Separate feed chutes with guards above the loft floor are desirable. Where a ladder is used see that it extends well above the loft floor. It should also have well-spaced stout rungs that are placed far enough from the wall for secure footing. All elevated platforms should be equipped with a railing and accessible from a safe ladder.

## Chickens, Eggs Head Food List

Broilers and fryers, eggs, and dried beans and peas are "February Firsts" on the U. S. Department of Agriculture's monthly list of foods plentiful on Southern markets. Mrs. Nina White, home demonstration agent for the State College Extension Service, said this week.

More broilers and fryers are being sold now than last year, she explained, and USDA statistics indicate marketings should stay above last year from now until March 1. Warmer weather, larger laying flocks, and increased egg production per hen are the main factors in the egg supply increase expected in February.

Last season's dried bean production was a record, and stocks of most dried peas are ample for all consumer demands, Mrs. White said. Fresh vegetables for the month—beets, cabbage, carrots, lettuce, spinach, and especially spring greens—will be plentiful on Southern markets in February, she added. Canned and frozen corn are listed as the best buy in canned foods.

Tree nuts—mainly almonds, walnuts, and filberts—are plentiful, and as for fruits, Mrs. White said, best supplies would be found in apples, oranges, winter pears, cranberries, raisins, and dried prunes.

Additional foods on the February plentiful foods list, the home agent said, are turkeys, pork and pork products, manufactured dairy products, and frozen fish.

## Health and Beauty

By Dr. Sophie Brunson

### WORK! THE GREAT PANACEA

Do you feel discouraged? Are you depressed? If so, how can you change your mental outlook? There are many ways of bringing it about.

Go out of doors and commune with nature; there is nothing more soothing and interesting. It is delightful to watch the bees flying up to the flowers with such a business air and burying themselves in their sweet depth to steal the honey.

Little do they know that wise old Mother Nature sent them there for a great purpose. They carry off the pollen on their bodies, and in this way fertilize the next flowers that they visit and so assure a crop of seeds or fruit. Thus they are engaged in making the honey that is necessary to their existence, and is an important food for the animal kingdom.

All nature is busy, Solomon said, "Go to the ant, thou sluggard; consider her ways and be wise." The ants do not spend their days in idleness expecting the government to support them. They do not have that kind of government. Each member of their commonwealth is expected, even required, to carry his own burdens. If he is too lazy or indifferent, he is either driven out to starve or he is put to death.

The Bible says, "If a man won't work, neither shall he eat." Though the ants never studied theology, instinct has taught them that one must work and carry his share of responsibility in order that all may prosper. Right here it is difficult not to do a little philosophizing.

When we were pioneers, men and women worked to support themselves and develop the country. Now, there are so many drones who are encouraged by our government to ride on the backs of the overburdened taxpayers, that our whole civilization may col-

lapse. In the days of our pioneer ancestors in this country not many people suffered from mental depression, not very many were neurotics. It was because they were too busy earning a living for themselves and their large families. Most of them were struggling to bring up their children to be decent, self-supporting, self-respecting, God-fearing citizens of this great republic.

Elbert Hubbard, the sage of East Aurora said, "Work is the great panacea for grief and trouble." He was right. Instead of brooding over your disappointments, go to nature and observe what she is doing. All nature's children are so busy about their own particular job that they do not have time to mope and pity themselves. They are all happy.

The birds too can teach you a lesson. It was raining and dreary one morning, but I heard a little bird singing sweetly in a tree. I think that he was thanking God for those crumbs that I threw out for his breakfast. That is something else to lift you out of your depression, viz thankfulness. If we were as grateful to God for all of His goodness as we should be, we would not yield to depression.

## About Your Home

By FRANCES BELL

Most people kill their lawns with misguided kindness. America uses trainloads of grass seed, weed killers and plant foods each year. However, our lawns still aren't all they should be.

Fall is the best time to make repairs, for grass doesn't like too hot a sun. When the temperature flirts with ninety degrees, the principal lawn grass used in the U. S. Kentucky blue, begs off growing. If the soil temperature hits one-hundred degrees bluegrass turns brown.

The U. S. Department of Agriculture has hopes of discovering a bluegrass that will thrive in hot weather. So far, "B-27" looks promising, but no seeds will be available before 1951.

People living in areas too hot for bluegrass should try something else. Fescue isn't bothered much by heat. Use Alta, Illishee, or Kentucky 31 fescue because these varieties are very deep-rooted and resist drought.

White Dutch clover stays green through the worst heat. Include some in the lawn mixture.

In the deep south, for an ever-green lawn, depend upon St. Augustine or centipere grass in shady moist spots and Zaysia elsewhere. In Southern California use dichondra, not a

grass but a ground carpet. It is impressive, but will not do well below 25 degrees, so don't try it north of Washington, D. C.

### ONE MINUTE SPORTS QUIZ

1. Who is the U. S. professional tennis champ?
2. Who was named greatest fighter of the last fifty years by a select group of writers in the East recently?
3. Who was named most courageous athlete of the year by the Philadelphia Sports Writers Association?

4. What is Ben Hogan doing these days?  
THE ANSWERS:  
1. Jack Kramer.

2. Jack Dempsey.  
3. Art Houbertson.  
4. He has quit golf for "a long rest."

Extraordinary afflictions are not always the punishment of extraordinary graces.  
—M. Henry.

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