

WASTE MILLIONS

Even Billions of Dollars of Good Food Thrown Away in This Country.

We are throwing away, or otherwise wasting, in this country, some fifteen million tons yearly of valuable food from a single source—our milk-supply. We skim the fat from the milk and use it as cream or butter, but the food-value is mostly in the non-fatty parts, which we call contemptuously "skim-milk" and throw away or give to the pigs. Its sale is even prohibited by ordinance in New York and elsewhere. Whatever reason once existed for such a law as this there is none today, writes John Phillips Street, chemist for the Connecticut Agricultural Station, in the Fore-cast (New York, February). How a prejudice so violent against a valuable and wholesome food could have originated Mr. Street finds it hard to understand. Perhaps, he thinks, it dates back to the time when cream was separated from the milk by gravity and skimmed milk was necessarily old milk. There can be no reason for it today, when separation by centrifugal force shortly after milking leaves the skimmed milk fresh. He goes on:

"In spite of the delicious taste of cream, it is not the most valuable part of the milk, as some apparently intelligent people appear to believe. The exact contrary is, in fact, the case. The part of the milk left after the cream has been removed contains practically all the protein, sugar, and mineral salts. In the ordinary mixed diet, moreover, a sufficient amount of fat is supplied by meat, butter, lard, etc., so that the loss of this ingredient from the milk is of relatively little importance. Protein, on the other hand, being the most costly of the food-elements, is the one most likely to be lacking in inexpensive meals, although generally used to excess by those who can afford it."

"For those who have to figure cost closely, therefore, skimmed milk offers a very valuable source of the most expensive element of the diet. It is the cheapest available source of animal protein at the present time. Whole milk is cheaper than either meat or eggs as a source of protein; but skimmed milk is even cheaper, costing, under normal market conditions, only half as much as meat, and skimmed-milk cheese, if we could have it, would be cheaper still, and much better for some purposes than the whole milk product."

The Department of Agriculture has estimated, the writer goes on to say, that five cents' worth of bread and skimmed milk will furnish nearly one-third of the daily food requirement of a man engaged in moderate muscular work.

"In our days of plenty, now apparently gone forever, we might afford to despise such valuable food. We assuredly can not afford it today. Skim milk should not, of course, be sold as whole milk, or skim milk cheese as whole milk cheese, or frozen condensed skim milk as ice cream; but those who want these products ought not to be prevented, as they now very generally are, from getting them."

"At least 1,600,000,000 pounds of butter are made annually in this country, and from this are obtained about 28,000,000,000 pounds of skimmed milk. About 2,000,000,000 pounds in addition are obtained from the sale of cream. This gives us an annual supply of 30,000,000,000 pounds of cheap, nutritious, and digestible food, which nevertheless is banished, both by law and public opinion, from the table and the kitchen to the barn-yard."

"The art of drying milk has now been brought to such a point of perfection that the albumin is not coagulated, nor the enzymes destroyed in the process, and milk powders, whether made from whole or skimmed milk, would be an invaluable resource in the preparation of domestic dietaries, if we were permitted to have them. One of the disadvantages of milk is its extreme perishability, but dried milk will keep indefinitely, and can be used in any way in which milk in its original form can be employed. Dried skimmed milk would furnish a cheap and constantly available supply of animal protein."

"The sale of condensed skimmed milk is entirely prohibited in some States, and when sold it generally is in large containers, which are not available for family use. In the form of cheese, skimmed milk serves purposes for which whole milk is not suitable. American cheese of the Swiss type is best made from skimmed or partially skimmed milk. Yet the label, 'skimmed milk cheese,' which some states require it to bear, stamps it as inferior in the minds of persons not acquainted with this fact."

"Preference for whole milk as a

beverage is said to be largely a matter of habit; but if the family does not care for skimmed milk in that form, there are many ways in which it can be employed in combination with other foods. Many appetizing and nourishing soups can be prepared with a basis of skimmed milk to which the pulp of some vegetable such as beans, peas, potatoes, corn, or celery is added to give flavor and body. It can be used in cakes, puddings and custards, and in the preparation of cereals, while in bread-making it can be substituted with great advantage for water. In British experiments it was found that the use of skim milk not only increased the nutritive value of the bread, but increased the yield from a given quantity of flour."

"At the Maine Agricultural Experiment Station it was found that bread made from skim milk contained one-eighth more protein than water-bread, and that it was quite as completely digested as the latter."

"There is, in fact, no end to the ways in which this valuable substance may be employed, and if fat is wanted, it can be added in the form of butter, which is often cheaper when separated from the milk than when sold as a part of it, or of some of the less expensive fats. Some dishes, of course, would be richer in flavor if the whole milk were used rather than skimmed, but in other cases the difference is not appreciable. When the skim milk is substituted for the water usually used there will be an improvement instead of a loss of flavor."

"A recent Government bulletin made it abundantly clear that the days of cheap meat are past and that this food is likely to grow scarcer rather than more plentiful. It is plain, therefore, that we cannot very well afford to let 30,000,000,000 pounds of an animal protein food go to waste every year, or serve only as a cattle food, particularly now when the nations of Europe are engaged in destruction instead of production, and are looking to us to supply their deficiencies."

Obituary for Mrs. Windle.

We have noted before the death of Mrs. Joseph Windle, of El Dorado, California, who was a former resident of this section. The Windles formerly owned a ranch at Lampa but left here seven years ago. Mr. Windle is a brother of Mrs. O. J. Seelye, of this city. The following obituary is from the Placerville Democrat:

The funeral of Mrs. Joseph Windle, held at El Dorado last Sunday, was very largely attended, including a number of friends from Oakland and San Francisco. The deceased was held in high esteem by all who knew her. With a high sense of justice and the eternal fitness of things, coupled with a loving, kind, gentle disposition, a devout Christian from childhood, and a devoted mother and loving wife, her memory will linger while memory lasts, by those to whom she was endeared.

The casket was heavily embowered with beautiful floral offerings coming from loving, kind neighbors and friends in Oakland and Sacramento. Over one hundred people attended the funeral, and the services rendered by the Rev. P. E. Peterson in the church and at the grave were very impressive. Touching reference was made by him to the exemplary Christian life and the Holy Bible on which she pinned her faith. The singing by Mrs. S. H. Rantz was highly appreciated, and all were deeply affected by the passing and interment of this devoted wife and mother, gone but not forgotten.

Besides the bereaved husband, and daughter, nine years of age, the deceased is survived by a father, Wm. Sweeting, of Scotland, and a brother, Harry Sweeting, of England.

Death of Curry Pioneer.

Hon. Frank A. Stewart, a pioneer of Curry county, died at the state hospital at Salem on Feb. 24, aged 74 years. He was born in Illinois, crossed the plains to Oregon in 1854, and resided in the Willamette valley until 1865, when he settled at the mouth of Rogue river, where he engaged in the mercantile, lumbering and fishing business. In 1904 he purchased the Port Orford Tribune in partnership with his son, Hardy T. Stewart, the present proprietor. Mr. Stewart was one of the prominent men of this section of the coast country. He represented Curry county in the state legislature in 1882 and again in 1905. He was collector of customs at Empire for four years; was treasurer of Curry county, also school superintendent and served as deputy in nearly all the county offices.

The weather report at Eugene for February shows a total of 5.8 inches of rain and 22.7 inches of snow.

The Brewer Concert Company at the Seenic Tuesday evening, March 13.

Come to the Sentinel for your job work.

COUNTY AGENT NOTES.

By J. L. Smith.

The county agent has just discovered in a certain district in the north part of the county a case of heavy infestation by the potato-eel worm, *Heterodera radiclea*, as diagnosed by Professor A. L. Lovett, entomologist at O. A. C., to whom the agent sent the diseased specimens for inspection. In writing to the county agent concerning this particular case Professor Lovett says: "The least I can say of it is there is no other potato insect which can anywhere near compare with it for the serious injury which it is capable of doing. By all means get hold of Mr. — and have him cook or in some way destroy every one of those potatoes or, at least, manage by one means or another to see that none of them are used for seed or even the skins thrown out on the ground. I would suggest that you find out from him just where he secured this seed."

We were considering seriously quarantining against it in the state and I do not know but what it would be advisable to quarantine against your county for a time. That shows just how serious the pest is as a potato problem."

I am getting out a brief circular which will be published soon on this potato-eel worm and will certainly supply you with several copies. In the meantime, all the work you can do to prevent the using of such potato through your papers will pay big dividends. I think that you should be congratulated on having discovered this pest and can assure you of my hearty cooperation in whatever you do in the future concerning it. Professor McKay of the Department of Plant Pathology and I will try to get down in that district just as soon as the vegetable crops also attacked by this pest are growing so that we can make a more or less thorough survey of the probable infested districts in order that we may recommend whatever measures are necessary for checking the pest if possible.

Compared with the potato tuber moth, this pest is several times as serious; so serious, in fact, that no other, even the Colorado potato beetle comes anywhere near it as a potato trouble.

Whatever you can find out concerning the source of Mr. —'s seed and the probable other infestation in that district will be decidedly worth while.

Upon further investigation of this trouble the County Agent finds that Mr. — first noticed this disease in his potatoes five or six years ago, after planting some seed potatoes bought from a certain seed company in Portland. The County Agent further finds that a neighbor of Mr. — also has the same infection in his potatoes, having obtained some seed potatoes several years ago from Mr. —. Both men state that the disease seems to be all through their ground now so bad that they doubt if they can get rid of it very soon. The County Agent has advised them to destroy all their potatoes and to not plant any more potatoes in their infested ground.

These men now realize what a serious trouble this disease is and they are willing to cooperate in every way possible to prevent the further spreading of this most dreaded potato disease. This case should have been reported sooner. If you ever hear of any such pests or plant diseases of any kind, kindly notify your County Agent at once and send infected specimens to his office.

Corn and Potato Show.

Now is the time to get ready for the big Corn and Potato Show, at Coquille next fall and again a little later at O. A. C. during Farmer's Week at which time each county in the state will be represented. Will you help to let the world know that we can raise such things in Coos county (on your own farm.) Don't wait till it is too late and then tell about what you might have done. Get good seed, and have your ground in good shape, begin early.

Buy a Good Bull.

Buy one with some official records close behind him, not merely a pedigree. If you can't get a good bull, don't get any.

Milk Good Cows.

But do not spend your time and good feed on them unless they produce at least 300 lbs. of butterfat per cow per year. Life is too short.

Does It Pay To Test Your Cows?

Martin Schmidt, of Norway, raised the average for his herd of forty cows from 286 lbs. of butterfat per cow for the year 1914 to an average of 336.6 lbs. butterfat per cow for each of his forty cows for the year 1916, an increase of 44.6 lbs. butterfat per cow above the yearly average for 1914, as a result of three years' record work obtained through the system of the testing association. Mr. Schmidt did not learn it all in one year's work of testing, nor in three, and he has joined the association again for the fourth year's work. That's business; set your mark a little

higher each year, do not be satisfied with ordinary cows.

Thos. Clinton, of Norway, bought a grade Jersey cow last year for \$50.00, the cow had never been tested and her real value was not known, as Mr. Clinton entered her in the Testing Association with the rest of his herd, and at the end of the year's work this particular cow had produced 456.6 lbs. of butterfat for the year valued at \$181.86 making the highest record of any cow in his herd. Mr. Clinton further demonstrated good sense by breeding this cow to a registered Jersey bull and this year she brought him a fine heifer calf. It cost \$1.25 for the expense of testing this cow for one year, you may judge for yourself about how much such a record has added to the value of the cow and calf. We can show you hundreds of similar cases resulting from the work of testing associations here in Coos county. And yet there are still many men here, who pretend to be dairymen, who don't know which cows in their herd need killing and which ones are paying a profit and how much, because it costs \$1.25 per year to find out the truth about their cows.

To Poultry People.

A letter has just been received from Director Hetzel of the Extension Service at O. A. C., stating that C. C. Lamb, the College Special in Poultry, will be in Lane county this month and can come on down into Coos for the last week in this month, March 26 to 31, if enough people are interested to make it worth while to arrange a schedule for him. Poultry men who would like to hear him, please inform County Agent Smith.

Instructions for Spraying.

The following instructions in regard to spraying, furnished the Roseburg News by Fred L. Strang, County Fruit Inspector of Douglas county, are generally timely and pertinent in Coos county now:

The time is now close at hand when it is necessary that the dormant or "clean up" spray of lime sulphur, winter strength, be applied to all fruit and ornamental trees known to be infested with scale, moss or pear blister mite. Much better efficiency results from deferring this application until the fruit and leaf buds are breaking or separating, as the greatest percentage of San Jose scale are more effectively covered with this contact spray as they are then migrating from their scale-like covering or winter armor. Some added benefit has been demonstrated from spraying at this time in controlling apple and pear scab. However, in the larger orchards it is often necessary to commence spraying as soon as the buds begin to swell in order to finish this work in due time.

The dilution of the stock solution of lime sulphur for this spraying depends upon the strength of this concentrated stock solution. If the stock solution tests 30 degrees Baume, use one gallon or one part of the spray mixture to every 10 gallons or ten parts of water, while with 32 degrees test Baume use one part to eight parts water. For aphid control, nicotine sulphate 4 per cent or black leaf "40" should be added at the rate of one to 1200 parts, or 1 pint to 150 gallons.

The trees should be sprayed thoroughly from the outer tips of the twigs down the limbs to the trunk, using with the power outfit at least 175 pounds pressure. In this connection, it is advisable to use the large-eddy-chamber type of nozzles such as the Friend or Bean Mist which throws a fine, mist-like, but at the same time, driving spray. The Bordeaux nozzle is fairly satisfactory for this work if adjusted so as to deliver about a gallon and a quarter to a gallon and a half a minute at this pressure. Otherwise, much spray material is wasted with this nozzle. If the nozzles are set at an angle of about 45 degrees to the extension rods, more efficient work can be done and it will lighten the work of the operator.

Booze in the Lard.

A unique way to get liquor into Oregon under the new "bone dry" law which went into effect a short time ago is explained by a man who, however, declines to give the name of the man who shipped the liquor in. According to this man's story, a man engaged in a certain business a short time ago shipped in a tierce of lard. It was a very innocent appearing shipment and no one would have suspected that it contained contraband whiskey. It is said that the business man took a friend or two into his confidence and delving into the lard brought forth two or three quart bottles of good red liquor. The bottles were in the center of the tierce, with lard smooth and soft at either end to deceive any suspicious officer.—Eugene Register.

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The Magazines Will Ship Promptly When Time Is Up

Items From the Bay.

(From the Coos Bay News.)

The Yellowstone, which arrived from San Francisco Friday, brought a large consignment of special barbed wire to be used in protecting the new wireless station near Englewood.

H. A. Emerson, representing a New York firm, was in Coos county for a few days recently making arrangements with cheese factories to purchase their output for shipment to the European market.

The Chamber of Commerce has extended an invitation to the Willamette Valley Editorial Association to hold their 1917 meeting on Coos Bay. It is said that the association is in favor of coming here.

At the end of the week there were about 2,000,000 young salmon fry in the troughs at the South Coos river hatchery. The Coos river and Coquille river hatcheries this season will turn out about 7,000,000 salmon fry, according to the estimate of Supt. Frank W. Smith.

The reclaiming plant, which is being built at the Bay City mill of the C. A. Smith company, is nearing completion. The plant will utilize the small pieces of white cedar which come from the mill, and which heretofore have gone to the firepit. The plant will be operated by electricity and will have machinery for the finishing of small lumber. A crew of 15 men will be employed.

Archie Phillip, county commissioner, who was delegated to act as right-of-way agent for the county in the matter of opening a road from Glasgow, via Haynes Slough, to North Slough, secured deeds to all the property required, with the exception of the property of Julius Nelson, who asks \$5,000 for a trifle over two and a half acres. Mr. Phillip says that condemnation proceedings will be started at once.

The wireless equipment from the wrecked cruiser Milwaukee, which recently went ashore on the ocean beach near Eureka, is to be installed in the new government station here. It is a five-kilowatt plant, much more powerful than the plant at Cape Blanco, and has a day radius of 800 miles. Stormy weather has delayed work on the station here, but the contractors are doing the best they can under the circumstances.

Louis Weir, of Haynes Slough, pleaded guilty before Justice Shuster at North Bend Wednesday, to killing two deer on February 24. He was hunting cattle when two does jumped out in the trail ahead of him, and without stopping to think of game laws, he killed both of them. J. M. Thomas, deputy game warden, made the arrest, and Justice Shuster imposed a fine of \$150 and costs, but on payment of \$25 and costs he suspended the remainder of the fine pending good behavior.

County Fair September 12.

The Coos and Curry Fair Association has designated September 12 to 15 inclusive for the dates of the annual fair. These dates precede the State Fair by one week, and thus exhibits will be available for the State Fair. Coos county made a creditable showing at Salem last year.

The new officers of the association are: W. T. Dement, president; J. L. Masson, vice president; J. O. Stemler, secretary, and Don Snyder, treasurer. The officers, with C. M. Shultz and William Weekly, compose the board of directors. To liquidate debts which accumulated in 1916 the officers decided to sell treasury stock sufficient to retire the shortage.

Don't forget that our 4-magazine offer at 2 bits still holds good.

The Brewer Concert Company at the Seenic Tuesday evening, March 13.

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The Sunrise Milk Products company started up its condensary at North Bend Friday. The Harbor learns from Manager Sheridan that he is taking on new customers right along and expects to do a big business. He is offering a flat rate through the season, the price being 40c per pound for butterfat from now until January 1.