

SOILS IMPROVED BY COVER CROPS

Used for More Than 100 Years by Farmers Who Found Practice Profitable.

THREE PURPOSES OF LEGUMES

Universal Rule to Plant in Time to Secure Good Growth Before Freezing Weather—Of Especial Value to Truckers.

(Prepared by the United States Department of Agriculture.)

Planting cover or green manure crops is a matter which requires attention in September in most parts of the United States, says the United States Department of Agriculture.

Clover, vetch, and other legumes serve the triple purpose of adding humus to the soil, accumulating nitrogen, and preventing soil erosion. With some tender berry and fruit crops they also serve to protect the roots from severe winter weather. Outside of the nitrogen-forming plants, rye is largely used as a cover crop sown in the fall and plowed under in the spring to add organic matter to the soil. The cover-crop problem varies largely with locality, but for over-winter purposes there is one rule which is universal, and that is to get the crop in the ground in time to secure good growth before freezing weather.

A Practice of Long Standing.

The use of clover or some other legume to enrich the soil is generally considered a cardinal agricultural practice in the humid sections of the United States. It antedates by three-fourths of a century the monumental discovery that legumes store up nitrogen from the air. The belief that clover was a valuable improver rested first on experience, and later experience was substantiated by the discovery of the relation between the legumes and the nodules bacteria.

Other legumes, as the cowpea, the Japan clover, and bur clover in the South, and crimson clover on the Atlantic coast, have come into use in the territory, not well adapted to red clover. The various vetches are held in widespread favor, different varieties being employed according to climate and crop conditions.

The time of planting and the best crop to use is a matter which local conditions must dictate. Along the



Cover Crop Should Make Fair Amount of Growth Before it is Turned Under.

north Atlantic coast it is considered best to get these crops in from the first to the middle of August, while in the extreme South the planting may be deferred to early October. In the extreme North hairy vetch is favored as a legume cover, or green manure crop, but rye is also largely planted. From middle Pennsylvania to the north Alabama line crimson clover gives good results. In the extreme South bur clover, vetch, and crimson clover are used, as well as velvet beans and cowpeas.

Broadcasting Seed Is Favored.

Methods with cover crops vary greatly. In the South they are customarily sowed between rows of cotton at the last picking. It is also common to sow the winter crop between corn rows before harvest. Wherever clean cultivation is practiced the soil is likely to be in shape for broadcasting the seed. If convenient, it can be harrowed in. In orchards a light harrowing or disking may be employed if the ground is free from sod. Care must, of course, be taken not to injure the roots. The crop is usually plowed under in the spring, but this is not always done with orchards. Data collected in all parts of the United States shows a general benefit from this form of agriculture.

PROBLEMS OF AVERAGE FARM

Cover crops are of especial value to small gardeners and truckers, who often find it both difficult and expensive to obtain stable manure. They add the humus which is so necessary to maintain a good physical condition of the soil.

One of the Most Important is to Arrange Work to Obtain Profit From Each Department.

To arrange the work of the farm so that each department can be made to turn a profit is one of the important problems of the average farm. Where silos are added to the farm buildings a change of farm management must follow. Less hay is needed, less land is required for pasture, more stock can be kept on the land, more land must be used for corn, or at least sufficient corn must be planted to fill the silo. Less labor is required to feed the stock, but more must be provided during the short season of silo filling.

Gladys Walton



Handsome Gladys Walton became famous through her acting in a popular picture which recently absorbed the interest of the motion theater patrons. As a "movie" star Miss Walton is well at the top of the list.

Something to Think About

By F. A. WALKER

ROSES OR THISTLES?

DO YOU pause sometimes while journeying through the fields and along the byways of life, to consider whether you are gathering roses or thistles? The basket which you are unconsciously carrying is being filled with one or the other, which you will find when you arrive in the gloom of the gathering night and realize that your wanderings are done.

If when you stop to rest you have velvety roses to look upon you will in your delight quite forget the purpling sky and all that it foretells.

You will be happy in the thought that you have not mispent your day; glad that you chose the beautiful instead of the repulsive; grateful that you did not misdirect your energies.

There is probably scant attention bestowed by you and me to the basket upon our arm into which we are placing every hour of life something which will rise up to praise or condemn us. Our heads are silvered and our feet are tired and unsteady.

But on this occasion we cannot retrace our steps.

Shadows are all about us and the half-hidden paths we once knew so well, are unfamiliar.

We are alone with the things we have garnered.

We would like to recall sharp words, scowls and frowns we have hurled at our friends, our patient fathers and mothers—and sadly recall hot tempers and terrible tongues.

As the scales fall from our eyes, there is something of the nature of dismay that takes hold of us and fills our soul with tears.

Oh, that we might be permitted to live over again those wild, impetuous days of youth!

We would curb our spirit, hide our dislikes and give instead of pain, heaping measures of pleasure.

We would make sure that we would gather nothing but roses—nothing but the sweet, the fine and the lovely.

From those who have gone before, it is for the inexperienced starting afield, to learn wisdom, to pick the choicest flowers, and to leave the thorn, the briar and the deadly nightshade untouched.

(Copyright.)

Mother's Cook Book

"Things are seldom what they seem, Skim milk masquerades as cream."

WHAT TO EAT

TO PREPARE Danish beefsteak, take one pound of round steak chopped, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, one-fourth of a cupful of minced onion, one and one-half cupfuls of celery, three tablespoonfuls of fat and the same of flour, two cupfuls of cooked macaroni. Add salt, pepper, onions and meat, shape into small balls, fry in hot frying pan until well done. Cut celery into inch pieces, cook in salted water until tender, reserving the water for the sauce. Melt the fat, add flour and celery, water and meat balls, simmer ten minutes, add macaroni and serve hot.

Summer Curry.

Take two cupfuls of diced potato, three cupfuls of diced carrot, two cupfuls of diced turnip, two cupfuls of cooked peas, three cupfuls of milk, one tablespoonful of parsley, six tablespoonfuls each of flour and fat, one-half cupful of chopped onion, one teaspoonful of curry, one-eighth of a teaspoonful of pepper and one teaspoonful of salt. Leftover vegetables may be used. Cook the onion slowly in the fat until soft, add flour and seasonings, mix well, add the hot milk, stir and cook until smooth, then add the vegetables; heat well, turn into the serving dish, sprinkle with parsley and serve. Serve with meat.

Come-Agains.

Sift two cupfuls of flour with one-half teaspoonful of salt, and two teaspoonfuls of baking powder. Add one cupful of chopped raisins and pecans mixed in equal parts and one cupful of brown sugar. Beat one egg very light, add one-half cupful of milk and stir this into the dry ingredients. Last, stir in two tablespoonfuls of butter. Drop by spoonfuls on a greased baking sheet, sift over them a mixture of sugar and cinnamon and bake in a quick oven.

Nellie Maxwell
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THE CHEERFUL CHERUB

Some people have to understand About the world's machinery; To see things run is not much fun—I'd rather watch the scenery.



PUBLIC MARKET AIDS BUYER AND PRODUCER

May Be Open Space Where Farmers Sell to Consumer.

Some Cities Have Erected Sheds Along Street Curbs—Supplementary Agencies to Assist in Efficient Distribution.

Open retail markets constitute the simplest and least expensively operated of all types of public markets. In its simplest form a market of this type may be merely a designated length of curb, a section of a broad street, a vacant lot, where, under slight supervision, farmers may group their wagons and sell to consumers.

In its highest development such a market may consist of a paved tract with raised walks covered with substantial sheds to protect teams, wares, buyers, and sellers from the weather. The shed may even be of a type that in bad weather may be made practically into an enclosed building by the use of rolling doors. A few cities have erected sheds along street curbs for the protection of open markets, but for the most part curb markets are unprotected and sheds are constructed only in markets situated on special market tracts.

The essential feature of a retail market is the restriction of purchases to consumers as distinguished from



Open Retail Markets Benefit Both Buyer and Producer.

dealers. Such a market, if it is a "producers' market," furnishes an opportunity for direct dealing between producers and consumers. Open retail markets may also admit hucksters, or wagon and push-cart peddlers as salesmen. These dealers are usually admitted under certain restrictions.

The United States Department of Agriculture has given much attention to the subject of public markets, their establishment and operation, as an economical and satisfactory meeting place for the country producer and the city buyer. A new Department Bulletin, No. 1062, entitled "Open Types of Public Markets," is now available for distribution, and copies may be had free by writing to the Department of Agriculture, Washington, D. C.

The bulletin discusses the function of public markets, their ownership and control, establishment and operation. It says that public markets are not agencies to replace other means of distribution of farm produce—they are supplementary agencies to aid, under favorable conditions, in efficient distribution.

BEEES ARE VERY PROFITABLE

Common Honey Gatherer Is by Far Best Carrier of Pollen—Scatter Through Orchard.

The common honey bee is by far the best carrier of pollen and it will pay the fruit grower to keep bees, even though he may not care to go into the honey business. Bees, however, are a very profitable side-line for the orchardist, especially if alfalfa fields are available to work on after the blooming season of fruit has passed. About one hive of bees to an acre of bearing orchard should be provided.

Preferably the hives should be scattered as widely as possible throughout the orchard during the blooming season. Experiment and experience have shown that little reliance can be placed on the efficacy of wind and of insects other than the honey bee in effecting the transfer of pollen from tree to tree, or in fact from flower to flower.

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SUCKERS ON CORN HARMLESS

Many Farmers Have Mistaken Idea That Earless Stalks Are Hindrance to Growth.

Many farmers are possessed with the idea that the suckers or earless stalks which grow from an ear-bearing stalk of corn, are a hindrance to the best growth of the latter; and valuable hours are sometimes spent removing them. But experiments during two successive years on Nebraska farms demonstrated that corn with the suckers left undisturbed outyielded that from which the suckers had been removed. Their leaves, like the others, would seem to perform useful office in absorbing nutritive elements from the atmosphere for the benefit of the ear on the main stalk.



PAPER DOLL'S DRESS

BETTY went to the country one summer to visit her grandmother and grandfather. She took with her all the toys she could carry easily in a trunk with her clothes and, among other things, she took Paper Doll.

For the trip Paper Doll had many new clothes which Betty made for her, and one was a very beautiful gold paper dress trimmed with gold paper lace.

No one would have guessed that the gold dress would have caused Paper



He picked her up and carried her off.

Doll anything but happiness, but it did, and was nearly the end of her, as you will soon learn.

The hired man on the farm had a pet crow that he had captured when it was young, in the cornfield. He kept it in the barn, but every day it would fly about the yard as high as the barn window.

Its wings were clipped so it could not go far and many tricks had the farm man taught Jim Crow.

One day Betty was playing under the tree near the barn with her toys, and Paper Doll was there also, dressed in her very best dress, the gold one. She stood on top of a little table when Betty went in to her dinner, and when she came out Paper Doll had disappeared.

"She must have blown away," said Grandma, who came out to help look for Paper Doll; but, though they looked all around the yard, and even in the tree, nowhere could she be found.

By and by the farm man came along and Betty told him she had lost her doll dressed in her best gold dress, and nowhere could she find her.

Just then Jim Crow came fluttering to the shoulder of the farm man and sat there, turning his head from side to side, his bright eyes looking all around.

"Your doll wore a gold dress?" asked the man with a smile.

Betty told him it was a paper dress, all gold color, and then the man laughed out loud. "I should not wonder if I could find it for you," he said, going toward the barn.

In a few minutes he came out with Paper Doll in his hand. Her dress was all crumpled and her arms bent, but Grandma soon ironed her into shape and she was as neat and pretty as ever.

And where do you think Paper Doll had been?

In the barn, where Jim Crow hid all his treasures. He loves bright things, and when he saw Paper Doll and her gold dress he picked her up and carried her off.

Betty thought it was quite an adventure for Paper Doll, but she watched her things after that when Jim Crow was around, and when Paper Doll wore her best dresses again she sat in the window inside the house, where Jim Crow could not reach her.

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"What's in a Name?"

By MILDRED MARSHALL

Facts about your name; its history; meaning; whence it was derived; significance; your lucky day and lucky jewel.

AMELIA

AMELIA is derived from that remarkable word amal, which has formed the root of so many proper names. It appears in practically every language and means "work." As early as the days of the Vikings, it was incorporated into masculine and feminine names.

The first Amelias was an armorer in the court of King Nielung. Aumlung, another of the early versions, appears in the "Book of Heroes" and as naming Aumlung the Strong and there was a Duke Amelung recorded in Danish ballad lore.

Amala was the earliest feminine name formed from Amal. It was a favorite in Lombardy, but soon penetrated Germany, where it found vogue as Amalie. Meantime, France and Italy had adopted the Latin Amelia and through the similarity in sound, the two names were thought to be identical. France compromised the difference between Amelia and Amalie and produced Amelle, the name which has such vogue there today.

Amelia is the English version. It has replaced all other forms—even in Germany—the French Amelie alone surviving.

The amethyst is Amelia's talismanic stone. It will guard its wearer from danger and protect her from contagion. According to ancient belief, the amethyst has a sobering effect upon rash or impetuous natures. To dream of it signifies freedom from harm. Saturday is Amelia's lucky day and four her lucky number. The primrose, signifying simplicity, is her flower.

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THE RIGHT THING at the RIGHT TIME

By MARY MARSHALL DUFFEE

DON'T BLAME THE WAR

DON'T you get tired of hearing people say, day after day, "Well, it was different before the war?"

A middle-aged woman said the other day that when she was a child she used to hear her mother and grandmother talk about the good old days before the war. She used to say to herself, with childish satisfaction, "Well, anyway, I'll never have to do that." But today she is doing just that same thing—talking about the good old days before the war.

Perhaps that is the way of the world. Perhaps our Colonial ancestors used to remember the pleasant conditions before the Revolutionary war. Perhaps France looked longingly back a hundred years ago to the days before the Napoleonic war. Perhaps mankind will always talk of pre-war days with longing.

But just remember that the really well-bred thing just at present is not to refer too often to the war, not to blame everything unpleasant in life to the war. You can find out just by trying that if you refrain from blaming the war for the unpleasant things of just one day, you will have made the war seem just that much farther away. One way for us to help the statesmen and politicians solve the peace problem is to forget the war.

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YOUR HAND

How to Read Your Characteristics and Tendencies—the Capabilities or Weaknesses That Make for Success or Failure as Shown in Your Palm.

ILLNESS SHOWN IN THE HAND

AS HUMANKIND is subject to the affliction of very many varieties of disease, so the signs or marks of these illnesses in the hand are many and varied.

A line rising from the line of life and ending in an island on the mount of Saturn, beneath the middle finger, is a sign of pleurisy. Rheumatism, or a tendency toward that widespread disease, is shown by a skin that has a satiny feel. A fork at the termination of the line of life is also a sign, with fine lines crossing downward at the commencement of the line of the heart.

Scarlet fever is shown by a small square on the line of life, the square bearing on its inside an upright cross. Very narrow and curved nails show danger of spinal disease. Peril of sunstroke is shown by an island on the line of the head under the mount of the sun, which lies at the base of the ring finger. If the hand shows a long and wavy line of the heart, with a line of health that is also wavy, and has the second phalanx of the fingers relatively longer than the others the subject will suffer from poor health.

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