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fer is to have it without deserving it markets. -Ruskin.

A Footnote.

and striking soul?" He (reading)-"The note says: "This man must have been a kicker."

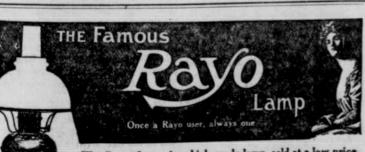
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ALLOTMENT OF FARMING LAND

Three Families to Each Farm is Case in U. S. Today-Soil is Source of Everything.

(By W. C. PALMER, North Dakota Agri-cultural College.)

Three families to each farm is the case in the United States today. One on the farm and two in town, but all The highest of characters is his who ations ago nearly everybody lived on is as ready to pardon the moral errors the land and it was the look-out of of mankind as if he were every day each family how they worked the guilty of the same himself, and at the land. Now with two-thirds of the same time as cautious of committing a people in town, it not only concerns the men on the farm whether the crop is good or not but also the man in town who is dependent on the produce of the land for his living. Whether the crop be poor or good really affects the city man more than it does the farmer who can keep out enough for himself. If there is no surplus it is not hard to see who will suffer most.

As industry develops we get more and more dependent on each other. The farmer, however, remains the Hood's Sarsaparilla most independent, and the way be carries on his work is of the most

Get it today in usual liquid form or chocolated tablets called Sarsatabs.

The son is the efforts of industry. The people who tall the soil have charge of the source of supply and the rest have to go accordingly. If we Indeed, the first point we have all to want more to do with the farmer must determine is not how free we are, but produce more. To do that he must what kind of creatures we are. It is have more knowledge and skill in his of small importance to any of us work. As long as the land was virwhether we get liberty; but of the gin it would produce with any kind greatest that we deserve it. Whether of husbanding. That farming is we can win it, fate must determine; hardly on a permaner basis yet is but that we will be worthy of it we shown by the abandoned farms in the may ourselves determine; and the sor- east, and the decreasing values of rowfulest fate of all that we can suf- these lands in the face of increasing

As long as the farmer can only make the soil produce one-third of what it She—"What is this at the bottom of facturing, transportation, merchanthis line: "This man had a strong dising and banking remain at approximately one-third of what it would be, and largely for lack of special training for his work on the part of the farmer.

> Who is, most interested in the man who tills the soil being trained for his work? Without a doubt it is the man in the city. He is the one who should be the most insistent on agriculture being taught in the public schools, and that the agricultural colleges be given liberal support.

The railroads are doing a great deal in encouraging the teaching of agriculture. Many have placed trains at the services of the agricultural colleges that they might equip it with apparatus, appliances and instructors and thus carry the teachings of better farming to a great many people in a short time. Bankers are also active in encouraging the spread of better farming.

There are no more northwestern states to open up so that the only way to make any material increase in production is by making each acre, now under cultivation, produce more. Three families to the farm and all dependent on it for a living-which is the most interested in good farming. the family on the farm or the two in town?

FOOD VALUE OF SKIM MILK

If Allowed to Sour and Then Churned Until Curd is Broken, It Makes Excellent Drink.

(By JOHN B. PICKERING.)

Preshness and cleanliness must be considered as well as composition. Milk which has been received from the milkman and allowed to stand long enough to skim should probably never be given to children under 2 years of age. For older people the mere fact and energetically opposing restric- of its being old need not be taken indon't recollect having seen him bought as such, however, it should alamong the motorists before." "You ways be thoroughly cooked, unless it haven't. He's not a motorist, he's an is known to have been handled carefully and to be clean.

> Skim milk seems to some people rather thin for use as a beverage, but others value it for this very quality. If it is allowed to stand until it sours and is then churned or beaten until the curd is broken up into small particles, it makes a familiar and wholesome drink, often used under the name of buttermilk, for much of the commercial buttermilk is thus made from skim milk, some cream or butter fat being sometimes added. For cooking, the lack of fat and any consequent lack of flavor can be easily made up, as butter or less expensive fats can be used with it. Pork and bacon fat make a particularly savory addition.

> In the very interesting experiment of serving penny lunches to anemic children in the Boston schools, one of the combinations of food that it was found possible to sell for the low price of 1 cent was skimmed milk and bread and butter.

> Though not much different in nutritive value, buttermilk obtained as a by-product in butter making has a different quality or texture and a different flavor from so-called skim-milk buttermilk referred to above.

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