

THE KITCHEN CABINET

It is not so much from any superior genius that one man possesses over another, but more from attention to study, and perseverance in the objects before them that some men rise to greater eminence than others.—John Dalton.

DIET FOR THE AGED

Diet for the aged is much neglected. To live long and to remain well and active is the object of every normal man or woman. As old age comes on, nature loses the inclination for exercise, but unfortunately she does not lose her appetite in the same ratio. Our eating should adapt itself to our activities, and thus, by abstemious living, we will do away with many of the diseases subject to old age. From twenty to forty the vital organs are young and respond to their demands without apparent difficulty, but at sixty the stomach and liver are beginning to resent overwork—the exercise, life in the open air, and the work of earlier years are missed, and the body feels the strain.

Walking and swimming are the best exercises, keeping the organs in fine working order. Walking will soon become a lost art, with the automobile at the door to save every step. Golfing is helping to keep active many who would otherwise take no exercise, but the proportion of golfers is still very small.

The result of overeating and under-exercising develops fat, superfluous material which clogs the system and chokes the vital organs. This clogging tends to auto intoxication or self-poisoning which causes rheumatism, gout, neuritis, hardening of the arteries and various other troubles. Tissue-building foods should be partaken of sparingly, as their need is past, though they are needed in the diet to add variety.

Meat should be eaten very sparingly, not oftener than once a day.

The aged who are overweight should avoid fats, eating sparingly of root vegetables and scarcely any sweets.

A good diet for seventy and seventy-five should be made up of fruit, vegetables (mostly green), some fish, eggs, and very little meat, with simple cereals.

The more an aged person exercises, the more food he may eat and assimilate. When one has reached the age of sixty with no disease shadowing him, he should by right living show his gratitude, by refusing to become indolent and thus invite disaster.

Two quarts of water or more should be taken each day between meals. Water is one of the essentials to good health. It is needed to soften the food, so that the digestive juices may act upon it and thus nourish the tissues, and fully as important, flush the system. Too little water is drunk by the great majority of adults.

Fried mush is always a welcome breakfast dish served with butter and maple syrup.

Tea and coffee in moderate strength and reasonable amount are not injurious to those who have formed a taste for them.

Fresh Vegetables.

It is surprising how soon one will be satisfied with meat but once a week, after trying to serve vegetables and other foods to take its place.

Too much meat is unquestionably bad for the health, but a little occasionally is better than a restricted diet of vegetables unless under the doctor's orders.

Cabbage is such a wholesome vegetable and one may serve it in such a way that it is sufficiently nourishing for a main dish.

Take a small hard head of cabbage and drop it into boiling water slightly salted to cook until tender. Drain and place on a hot chop plate. Prepare a rich white sauce, adding just at the last a cupful of finely chopped rich cheese. Stir until well dissolved in the sauce, then pour over the cabbage, which has been cut into pie-shaped pieces.

Another nice way to serve cabbage is with milk. Cook until tender, dress with butter after being well drained and add enough rich milk and a few crackers well crumbled. Stir until well seasoned and serve hot. This is called ladies' cabbage.

Stewed Lettuce.—As the lettuce gets old and slightly tough, cook it in a little water uncovered. Dress with butter, salt and pepper and serve it with vinegar as greens.

Cucumbers are very palatable cooked and served with a drawn butter sauce, adding a little onion juice for flavor.

The tomato is delicious sliced when very ripe and served with cream as one does peaches. Sliced rather thick and fried they are liked by many. Serve as a garnish to a platter of meat.

Onions With Cheese Sauce.—Cook onions until tender, then place them in a baking dish with a layer of rich white sauce and a layer of good cheese finely cut. Bake covered with buttered crumbs and serve hot.

Julia Bottumley

TOPCOATS FOR SCHOOLGIRLS; SCHOOL FROCKS OF JERSEY

IN THE realm of junior fashions, coats tell a very different story from frocks for the coming months. In accordance with latest dictates the wraps young girls wear are quite conservative and sedate in appearance, while dresses are quite fussed up with all sorts of crafty handwork and gay trimmings.

If the little girl in the picture would let us catch a glimpse of the frock she is wearing, it would, very likely, be much be-trimmed and elaborated with

ways and byways of business life. All this, because fashion insists that whether it be in study hour, playtime or any practical occasion, we must dress in gay woollens.

Just now there is a furore for wool Jersey and not without reason, for of all materials none gives better service or makes up more satisfactorily. So Jersey cloth it is, according to the decision of the mode, and that in colors of irresistible attractiveness. Chiefest among the popular colorings for



A Natty Topcoat for School.

cunning detail, perhaps have a clever narrow belt with a cunning buckle 'n' everything—but mark the simplicity and styling of the coat. Of the superior quality kind is this coat. The material is of the best, being a handsome bolivia cloth. It may be navy, wine, French blue, brown or jungle green, for each is fashionable for fall and winter. One outstanding feature is the flare hemline, achieved by godets inset in a tailored way. Other interesting style highlights are its fur collar, broad turnback cuffs and single button fastening.

It is a noteworthy fact that the new cloackings are unusually good-looking

practical worsted frocks are reds of every degree, especially chanel red and the deep wine tones. Equally fascinating are the new greens, placing emphasis on jungle green, and as to blues, navy competes with truly lovely French blues, also royal. Cinnamon color Jersey is as smart as smart can be, but no more so than are the handsome nasturtium colors which are now so much in evidence. Which all goes to prove that there will be no lack of color when it comes to dresses planned for practical everyday wear.

One of the endearing qualities of wool Jersey is that in its suppleness



School Frock Shows Artful Shirring.

and of finest texture. Favored weaves stress, first and foremost, chinchilla cloth, emphasizing cinnamon color, French blue, navy, various reds and many shades of green, notably jungle green. There are also included tweeks of every coloring.

Very interesting linings of suede-finished fabrics complement coats of chinchilla. Thus warmth and attractiveness is combined in the school-girl's coat. One does not have to draw on imagination to sense the charm of a navy blue chinchilla lined with red. Splashes of color will brighten school room and campus throughout the coming months, also the high-

it yields most gracefully to any handling. Just now everything that can be is being shirred. As to wool Jersey it puts forth its best appearance under this treatment. For proof of its eminently satisfactory adaptability to the shirring process, study this picture of a typical autumn 1926 school-girl frock. See how the necessary skirt fullness is massed so cleverly to the front by means of much shirring. Then, too, see the shirred effect across the front shoulder seams. This model is developed in wine color with a beige crepe collar and tie.

JULIA BOTTUMLEY.
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DAIRY

GOOD ATTENTION IS REQUIRED BY BULL

When the dairyman has become interested enough in improving his herd to buy a good bull, he is interested in giving that bull care and attention to keep him in good breeding condition and prolong his usefulness. Careless handling will cause the average bull to become restless and vicious, he will not present a good appearance to prospective buyers who wish to see the herd sire, and a maximum amount of service cannot be secured from him.

If the bull is purchased as a calf or raised on the farm where he is to be kept for service, he should be grown out as rapidly as possible in order to insure his attaining his full size, for an undersize bull is never an attraction in the herd. As a supplement to grass or legume hay, a grain mixture of two parts corn, one part oats and one part bran will prove a good growing ration.

"The bull should never be allowed to run with the cows," said A. C. Ragsdale, head of the dairy department of the Missouri College of Agriculture. "Doing so results in getting heifers in calf too young and the bull will exhaust himself. Besides, it is impossible to keep accurate breeding records and there is always danger to persons and property when the bull is running loose."

Ragsdale considers most bulls sufficiently mature for light service when they are a year old, but service should be limited to one or two cows a week until they are fifteen months old. More than twice the service can be secured from the bull that is kept away from the cows, and a sire properly handled can take care of a herd of fifty cows after he is two years old.

By all means, the bull should have a ring in his nose, and this should be put in when he is about a year old. A trocyr may be used in making the hole and the ring inserted as the instrument is pulled out. Ragsdale considers it best to wait until the bull is about two years old before dehorning, for at this stage dehorning has a marked effect in subduing him and he does not learn to use his head as well as he would if his horns were cut off at an earlier age. Unless the bull is to be exhibited in the show ring, he should be dehorned.

Dairying Is Profitable

if Good Cows Are Kept

Dairying is profitable when good cows are maintained. The kind that are capable of producing no more than the average cow in Iowa—140 pounds of fat a year—is not the kind to buy. The man who owns a herd of that sort really owns nothing better than a manure factory. If he feels that it is worth while to milk a bunch of cows and get nothing better out of it than the manure they produce, he is justified in buying that kind, but if he really wants to get paid for the feed he puts into them and get wages for the time spent in caring for them, he must start with a better grade of cows. In the long run it would be much better for those farmers who have started in the dairy business or who are contemplating doing so in the near future to pick up the best cows they can in their own neighborhood, then buy a good pure-bred bull and start grading up a herd.

Legume Hay Will Supply

Minerals Needed by Cow

The kind of a mineral mixture dairy cows need will depend on the feed they are getting. In addition to salt, which should always be liberally fed, the minerals needed in the ration are lime, phosphorus and in localities where there is trouble with goiter in young calves either sodium or potassium iodide should be supplied.

The best way for the cow to get the needed lime is in legume hay such as alfalfa, clover or soy-bean hay. Phosphorus is best fed in the form of wheat bran, cottonseed meal, wheat middlings and linseed meal. When 20 per cent or more of the grain mixture consists of wheat bran, wheat middlings, linseed or cottonseed meal, the cows will get plenty of phosphorus. If less than this amount is fed some steamed bone meal should be added.

Feed Dairy Heifers

If dairy heifers are to grow into profitable cows they should be started quick and kept growing. This is especially important when some farmers are content to depend upon pastures for the greater part of the feed. Heifers make a maximum growth on pasture when it is properly supplemented with grain mixtures. In many cases the heifers do not do as well, however, in the summer as they do in winter on dry feed.

Rack to Hold Utensils

A rack that will hold the milk cans, pails, and strainers where they will be exposed to the sun is a good thing. We put ours on the south side of the room when they are washed, says a writer. It is made of two-by-fours set so that the cans are upside-down and lean toward the building. The sun's rays make the best germicide known. If cans and pails are carefully washed and put right side up in the room the germs will multiply with almost unbelievable rapidity.

POULTRY

TURKEYS REQUIRE PLENTY OF RANGE

Once upon a time every farm family had its flock of turkeys, which supplied plenty of birds for the home table and some for the tables of those who lived in the towns. Turkey raising in recent years, however, has decreased, one of the main reasons for this decline being that as the population of the country increased farming became more intensive and the area suitable for turkey raising was reduced. Turkeys require plenty of range in order to thrive.

Many farmers, however, still consider turkeys a profitable side line on the farm, and about the first of October begin to consider how to put more flesh on their turkey flock.

During the summer and early fall turkeys can find an abundance of feed on the average farm. Grasshoppers and other insects, weed and grass seeds, green vegetation, berries and grain picked up in the fields all go to make up the turkey's daily ration. When this natural feed is plentiful, very little need be added until fattening time, except for the purpose of bringing the turkeys every night to roost and to keep them from straying from home. For this purpose one feed of grain every night just before roosting time is sufficient.

In fattening turkeys for the market an excellent plan is to begin about October 1 to feed night and morning, feeding only so much at a time that the birds go away a little hungry, and gradually increasing the quantity until they are given all they will clean up three times a day during the week before marketing. By the latter feeding is meant that they are fed until they leave the feed and walk away. Some turkey raisers feed wheat and oats during the first part of the fattening season, gradually changing to corn as the weather becomes cooler. The majority, however, begin feeding heavily on corn about November 1; and, since turkeys are not accustomed to such heavy feeding, scours often result, especially if new corn is used. New corn can be fed safely if the turkeys are gradually accustomed to it by feeding lightly at first and more heavily afterward.

Confining turkeys during the fattening season to prevent their using so much energy in ranging has been tried to some extent, but with very little success.

Provide Good Mash Feed to Increase Egg Laying

The average hen would lay 20 eggs more per year if she was supplied with a good dry mash all year round, according to the poultrymen. Most of the eggs would be laid during the period of the year eggs are highest in price and the income from them would more than repay the cost of the extra feed consumed.

Many farm flocks are permitted to scavenge for their feed at this time of year. Their ability along this line is not nearly as great as is often thought. If all hens were provided with a good mash throughout the year they would molt later in the year and the new feathers would develop rapidly. The rest period would therefore be reduced considerably. Dry mash given in the summer months is a good insurance of higher egg production during the early winter months.

Poultry Hints

Sell the roosters as soon as the hatching season is over.

If you are interested in eggs alone, there is no better variety than the S. C. White Leghorn.

Stable floors need to be stable. Make them of concrete and they'll outlast generations of cows.

Six ducks would be a little too many for one drake, although one drake could go with four or five.

The ration that will make the pullets lay the most eggs is not necessarily the most economical ration.

A coat of whitewash now and then is bad for the lice but good for the hen.

The man who believes in signs says that the hen that blunts her nails scratching is the grandmother of the 300-egg hen.

If you are interested in both eggs and market poultry it will be more satisfactory to get some of the general-purpose varieties like the Plymouth Rocks, Wyandottes, Rhode Island Reds or Orpingtons.

The surplus cockerels should go to market as fast as they reach marketable size.

It pays to keep the different size chicks separate. The larger ones will hog the feed, and delay the development of the smaller ones.

In selecting the pullets you are going to keep, do not make the mistake of choosing simply the ones that are largest. Size is an important consideration, but it is not the only thing by any means.

LIVE STOCK

RAISING CALVES FOR FEEDING LOT

One thing was strongly emphasized recently, first at the Nebraska and then at the Iowa experiment station—that calves are by far more economical producers of beef than yearlings or older cattle. A two-year-old steer will consume about 50 per cent more feed for the production of 100 pounds of beef than a calf, and a yearling requires about 33 per cent more feed than a calf to produce the same increase in weight.

This is not news; every man who has fed both classes of cattle knows from experience that calves get more beef out of a given amount of feed than do older cattle, and that the same is true of other classes of live stock. It is, however, worth while for the farmer who happens to have a considerable amount of rough land in his farm that must of necessity be maintained in pasture thoroughly to realize this fact.

Because of their scarcity we are entering upon a period of high-priced feeding cattle, a period when the cattle feeder who relies upon the market for his feeding stock will have to be exceedingly careful or he may pay so much for his feeders as to make it difficult to derive a profit from fattening them for the market, says the Iowa Homestead. The man who raises his own calves will run much less risk in the next five or six years in beef production than he who must depend entirely upon the market.

Raising calves for the feed lot and fattening them for the market at weights ranging from 750 to 1,000 pounds is not a scheme that can be recommended for everyone, but it is a good plan for the man part of whose farm is too rough for cultivated crops. A Cass county farmer who owns a 240-acre farm, 42 per cent of which is suited only for pasture, has raised his own calves for the feed lot for a number of years and has found it profitable and a very safe business. His profits are growing as time passes, for the reason that his pasture is increasing in carrying capacity and his cultivated land is growing in fertility and producing larger crops from year to year. This is an inevitable result of good live-stock farming of which so many lose sight.

The land of the grain farmer becomes less productive year after year, while that of the live-stock farmer becomes more productive as time passes. These two well-known facts need to be driven home, for we have altogether too many farmers who disregard them or perhaps do not give them the proper consideration.

Plan for Handling and Feeding Farm Stallion

The ration of the stallion should consist of first-class wholesome feeds, supplying ample protein and mineral matter for thrift and vigor. The choice of feeding stuffs will depend on the particular locality, the same principles applying as in the case of the work horse. A combination such as the following is satisfactory:

Oats, four parts; corn, six parts; bran, three parts by weight; timothy or prairie hay, Corn, alfalfa hay 1-3 and prairie hay 2-3, Corn, seven parts; bran, three parts; linseed meal, one part; timothy or prairie hay.

No specific total direction can be given as to the total amount of feed required, since this depends on the exercise the animal gets and whether he is a "hard" or "easy" keeper. A safe rule is to keep the stallion in good flesh, but not "hog fat," for this will injure his breeding powers. Most horsemen advise that in the breeding season he be kept gaining just a bit, rather than allowed to run down in flesh.

Traveling a stallion is one of the best practices, if the expense is not prohibitive. Of course, this will depend upon the number of mares available. To be profitable, there must at least be 50 to 75 mares available for the season.

Much of Corn Saved by Hogs Following Steers

When steers are full fed on shelled corn or ear corn, the hogs following usually get the benefit of about 10 per cent of the corn which is fed to the steers. In other words, if steers are fed 20 pounds of corn per head daily, and there is one hog following each steer, the average hog will get about 2 pounds of corn in the droppings. With young cattle, hogs don't get quite as high a percentage as with older cattle, and of course if the weather is bad and the lots are very muddy, they don't recover as high a percentage. Ordinarily when there is one hog following each steer, it is wise to feed a little corn in addition and also one-fifth of a pound of tankage per head daily.

Care of Brood Mares

The best feed for brood mares is cornstalks and good timothy hay with from four to six quarts of oats and wheat bran, equal parts, each day. This keeps her healthy and strong and enables her to furnish the growing foetus with the best kind of materials to make the best bone and muscle.

The dam should also have moderate exercise. She should be housed or sheltered nights and in all stormy weather.