

The Judge—Either way he will make his mark — by M.B.



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Health and Home

FEEDING BABY DURING SUMMER

Milk is recognized as the ideal food for young children. It should be carefully guarded during the warm summer months, to insure its freedom from germs or bacteria that might cause harm to the child. Because of its nature, it is under certain conditions, a breeding and propagating ground for germ life and may soon become unfit for use unless it is handled with the utmost care and vigilance. Perhaps the ideal way to obviate this risk is through the use of evaporated milk. This milk is only pure milk with sixty per cent of the water removed from it and is absolutely sterile. It is of double richness but may be modified by the addition of water, which will return it to its original volume with a greatly enhanced food value.

Evaporated milk is sterilized and has a high nutritive content. This causes it to be a very excellent food for the young child and the infant. In fact, many of the leading pediatricians of the country advocate its use after the child is deprived of its mother's milk. A formula, evolved by these pediatricians, through experimentation, is as follows:

From Sixth Week to Third Month.
Milk, evaporated 5 ounces
Lime water 5 ounces
Milk sugar 2 ounces
Boiled water 16 ounces
Seven feedings in twenty-four hours: 1 to 3 ounces at three-hour intervals during the day and four-hour intervals at night.

From Third Month to Fifth Month.
Milk, evaporated 7 1/2 ounces
Lime water 1 ounce
Milk sugar 2 ounces
Boiled water 16 ounces
Six feedings in twenty-four hours: 1 to 4 ounces at three-hour intervals during the day and a feeding at 10 p. m.

From Fifth to Seventh Month.
Milk, evaporated 10 ounces
Lime water 1 ounce
Milk sugar 2 ounces
Boiled water 16 ounces
Five feedings in twenty-four hours: 4 to 7 ounces at four-hour intervals during the day and a feeding at 10 p. m. The last feeding to be given at 10 p. m.

From Seventh to Ninth Month.
Milk, evaporated 11 ounces
Lime water 1 ounce
Milk sugar 2 ounces
Boiled water 16 ounces
4 to 7 ounces at four-hour intervals during the day. Last feeding at ten at night.

From Ninth to Twelfth Month.
Milk, evaporated 12 ounces
Lime water 1 ounce
Milk sugar 2 ounces
Boiled water 16 ounces
4 to 7 ounces at four-hour intervals during the day. Last feeding at ten at night.

History, both past and present, proves that democracy is too expensive for many people. Americans must keep working at their self-governing job.

Drive wisely and keep your foot on the brake.

He who hesitates not at the grade crossing is lost.

Another sad fact is that there is always more bait than fish.

This world is going to the dogs only when it is going to the dogs of war.

Uncle Sam is 146 years old, and still setting the pace for the world.

Has it ever been decided which came first, the hen or the cold storage plant?

It would be fine if Mars could be made to stand in front of that death ray.

With the radio it may be a quieter campaign—and it can't be any too much so.

Accordingly as business is good or bad, the business man is alternately tied or tired.

The real way to honor the flag is to obey the laws that are passed under its shadow.

When there wasn't anybody around here to catch fish this was a great reason for fishing.

An English scientist lists 50 vital necessities which inventors have so far overlooked, but neglects to mention a vanity case mirror that will flatter the user.

The army worm, of course, is not at all the same as the army bug that all energetic young men—who weren't trying to get into the navy—had about seven years ago.

Not only are the doctors doing the best they can, but they are making faster strides than science ever made before toward a knowledge that will bring health and happiness to the race.



SHERMAN COUNTY OBSERVER

Reduced Rates

From and after this date the subscription price of the Sherman County Observer will be One Dollar per year when paid in advance. When not so paid, the subscription rate will be Two Dollars per year. All earned arrears will be payable at the old rate.

This new subscription rate applies to any part of the United States. You can now send the Sherman County Observer to your friend back East at less cost than you can write a series of 52 letters and pay the postage on the written messages.

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How Butter Fat in Milk Is Broken Up

Do you know what the word homogenization means?

Ninety-eight out of 100 housewives to whom the question recently was put admitted they couldn't answer. Can you?

But here it is explained by Miss Meta H. Given, food authority doing research work at the University of Chicago.

"Homogenization," says Miss Given, "is the name of the process which breaks up butter fat in evaporated milk into tiny particles so they blend evenly with the solids. Homogenization causes the better fat globules to adhere to the albumin and the casein of the milk. In the process, milk is forced through countless numbers of openings at a pressure of around 3,500 pounds.

In addition to preventing a cream and skim milk line, this breaking up of fat contributes to smoothness and perfect blending of foods such as cream sauces, soups, ice cream and in baked products.

"It also has a digestive advantage for those who have difficulty in assimilating milk. Many pediatricians recommend evaporated milk as a baby food, although, like other substitutes for the natural supply, it should not be considered as a food complete in itself. Addition of orange or tomato juice, barley water or lime water are important in providing adequate diet for the infant.

"All authorities recognize that normal mother's milk is the best food for infants, but this natural milk is frequently inadequate in quantity and quality. Scientists say cow's milk is the best substitute. But cow's milk must be modified and supplemented with other foods. The fat in mother's milk is in homogeneous suspension, and being flocculent forms small curds in the stomach, but the fat in cow's milk is in relatively large globules, forms large tough curds in the stomach and is much harder to digest. In evaporated milk the fat is broken up by homogenization and the curds softened until in size and digestibility they resemble natural infant food."

The more recently adopted method of killing the common barberry which spreads black stem rust of small grains is by the use of such chemicals as salt and kerosene, according to the Department of Agriculture. These methods have several advantages over the digging method formerly used. They are less laborious, cheaper and more certain. This is especially true if bushes are growing in stony ground where digging is difficult. Department Circular 356 tells all about how to use this method.—Banker-Parlier.

MICKIE SAYS—
"SPEAKIN' OF ADG. JOHNNY'S WHALE HAD A HUNK OF LUCK, AND PULLED IN A CUSTOMER WITHOUT ANY PUBLICATION, BUT IT IS RECORDED THAT HE COULDN'T HOLD HIM!"



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