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**How to Raise Poultry**  
 By Dr. L. D. LeGear, V.S., St. Louis, Mo.  
 Dr. LeGear is a graduate of the Ontario Veterinary College, 1892. Thirty-six years of veterinary practice on diseases of live stock and poultry. Eminent authority on poultry and stock raising. Nationally known poultry breeder. Noted author and lecturer.



**The A-B-C Of Poultry Raising**

"Professor," inquired a student in one of our agricultural colleges, "you say we don't know what vitamins are; then, how do we know what life is?" retorted the instructor. When the pupil admitted that he did not, the professor crisply retorted, "Still, you're reasonably sure that you're living, aren't you?" In that reply lies the key to a proper understanding of the subject of vitamins by poultry raisers. True, we don't know what they are, but we know what they will accomplish and that is the main thing after all.

Of the four known vitamins, A, B, C and D, proper understanding of the functions of the first and fourth is of paramount importance to poultry raisers. The other two may be ignored, as B is present in the outer coverings of all grains and chickens do not seem to need vitamin C at all.

If feed is deficient in vitamin A, a disease called nutritional roup may develop. Mature birds affected in this way will die in from four to twelve months and young chicks in from four to eight weeks. Since feeding the proper ration of vitamin A means a very considerable protection against this disease, it may be seen that a proper understanding of the sources of this important vitamin is something worth considering.

Vitamin A is produced in all plants that grow in sunlight and is stored in the part that shows a green or yellow color at maturity. Thus we find it in yellow corn, the outer leaves of cabbage, the leaves of alfalfa and similar plants, in yellow carrots and in sprouted oats, of they are sprouted in the presence of enough sun light to insure a good green color. Any other kind are valueless. These are not the only sources of vitamin A, but they are the ones principally used in poultry feeding. Strangely enough, drying

does not affect the vitamin content of vegetable products, a fact which accounts for the value of alfalfa hay, and meal, when used for winter feeding.

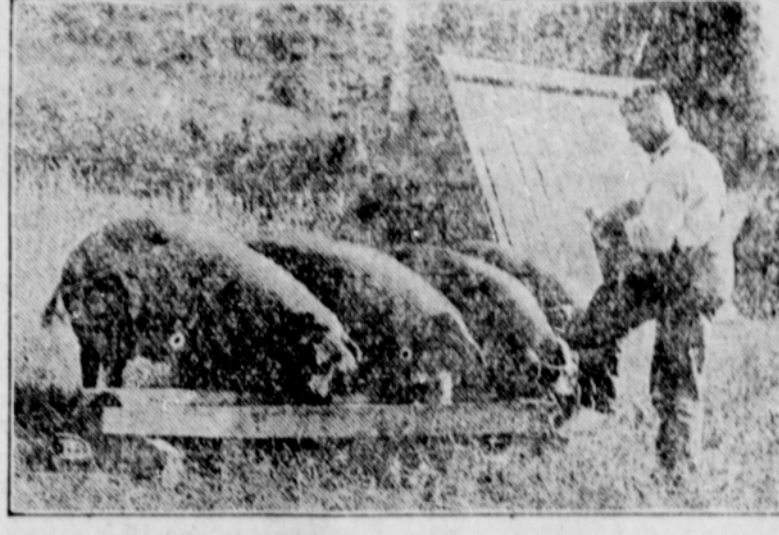
Another valuable source of vitamin A is Cod Liver Oil. When a sufficient quantity of the products mentioned above cannot be obtained, Cod Liver Oil at the rate of about 2 per cent may be added to the mash to provide the necessary vitamin A content and also the equally valuable vitamin D.

Vitamin D, just mentioned, is important because without it the mineral elements of the fowl's ration intended to supply bone and egg shell will simply pass through the system unused. In young chicks this appears as "leg weakness" or, more properly rickets. Older fowls show a similar weakness when they are not getting enough vitamin D. They will also lay eggs with soft or extremely thin shells. Their eggs will also prove deficient in hatching qualities.

A peculiarity of vitamin D is that it can be formed both in the feed or in the bodies of the birds themselves when exposed to direct sunlight. It must be direct sunlight, however, as only the ultra-violet rays produce vitamin D and they cannot pass through ordinary window glass. The part played by ultra violet rays in developing this necessary vitamin has been definitely established by experiments in the University of Kansas. Hens which were kept away from natural sunlight but exposed 20 minutes daily to artificially produced ultra-violet rays laid a normal number of eggs with satisfactory hatchability.

As previously mentioned, Cod Liver Oil contains vitamin D and if mixed in the same proportion as recommended for supplying vitamin A, it will supply the other dependable source of vitamin D, however. Some grades do not contain enough of it to be of any real value. So, whether you feed oil or not, see that your fowls get as much sunshine as possible. Let them out in the open whenever possible. Shelter them in the open front type

**Getting in Shape for Oregon State Fair**



Prize Duroc Jerseys, owned by A. N. Doerfler, Silverton, who will offer stiff competition to hog breeders of the Northwest at this year's Ore State Fair, September 23 to 28.

of house and keep it open as much as the weather will permit. When the house must be closed totally or in part, instead of glass use the new glass substitutes, which allow the ultra violet rays to pass through. Then your hens will be healthy and strong. They will lay more plentifully; then eggs will hatch better and the chicks will be free from many weaknesses.

Thus it appears that the subject of vitamins is a fairly simple one, after all. Even if nobody does know anything about their chemical makeup, it is easy to see how they work and how to utilize their valuable properties in the proper nourishing of the poultry flock.

**HOME POINTERS**

(From School of home economics Oregon State College)

The reducing and the clothes with slenderizing lines are all passe, according to the dictates of fashion. With curves coming back, the slender women are beginning to take up the burden so gratefully laid down by their plump sisters, and the question no is how to become "pleasingly plump."

The real answer, of course, is to eat sufficient quantities of the right kinds of foods. But it takes time to gain weight, and in the meantime a little care in selection of clothing will help to give the appearance of a rounded form, according to the home economics specialists at Oregon State College.

In the first place it is necessary to have plenty of fullness in the clothing, but at the same time having the dresses fit the figure closely, as clothing which is too loose emphasizes the thinness of the figure. Flares are also kind to the slender figure, but straight lines are to be avoided. Accenting the outside lines of the figure, the shoulders, sleeves, or hips with decoration, and using lines which go around the figure instead of up and down are other ways of disguising the "bean pole" look.

Having kitchen working surfaces such as sink, tables, etc., too low

causes undue stooping and means a strain on arms and shoulders. Much of this equipment can be raised to the proper height by the use of blocks of wood fastened to the legs.

**\$150,000 GRANDSTAND BUILT FOR STATE FAIR**

Salem, Ore. — The new \$150,000 grandstand and exhibit building to be completed for the Oregon State Fair, September 23 to 28, will be one of the finest structures of its kind on the coast.

Entirely of concrete and steel, with a beautiful tan brocade stucco finish the building will seat 6,000 spectators of the races, and will house many exhibits, including those of the state institutions.

The new dual structure will replace the old exhibit pavilion, which has stood for 68 years and has seen the fair grow from a purely local affair to the impressive thing it is today.

Dedication ceremonies, including an elaborate program, will be on Monday, September 23, the opening day of the fair. This feature is attracting much attention throughout the state.

**WESTERN FOREST FIRES ENTAILING GREAT LOSS**

The critical forest fire situation in the Western National Forests is somewhat improved but still far from satisfactory. In northern Idaho where raging forest fires were rapidly approaching disastrous proportions a few days ago, cool weather, with some rain has given some temporary relief. In spite of this change, 4,900 fire fighters are rushing work to make the many large fires safe from further outbreak in anticipation of the possible recurrence of dry weather. In Washington and Oregon, where several large uncontrolled fires are being fought by hundreds of men, the weather remains hot and dry with no relief predicted. In California the weather has become more favorable to the work of fire control and no large fires are now burning. More than \$1,000,000 has been spent by the Forest Service in the

last three weeks in fighting forest fires, and in the fire season more than 500,000 acres have been burned over in the Western National Forests. In the six Western National Forest districts, comprising the Rocky Mountain and Pacific Coast region, there have been in that period 5,025 separate fires, 3,016 of which have been caused by lightning and 2,009 by human agency.

"Lightning fires have been unusually troublesome this year," says E. A. Sherman, acting chief of the Forest Service in the absence of Major R. Y. Stuart, who is in the West studying National Forest needs with the agricultural committee of the House of Representatives. "Fires caused by human carelessness are unnecessary and will be eliminated by education and law enforcement. Bunched lightning fires, sometimes running to 300 or 400 separate fires, set by one electrical storm, will always present the risk of disaster unless adequate means are provided to cope with them. This means especially a complete system of roads and trails throughout the National Forests, including especially the now almost inaccessible country where lightning strikes most frequently. It means, secondly, an available trained force of fire guards sufficient to strike immediately the maximum number of fires set by any electrical storm. Only by such means will it be possible for the Government to avoid the recurrence of such destructive and costly disasters as we have had this year. The Federal Forest Protection Board, composed of representatives of all Federal agencies concerned in the problem of forest protection, shares the Forest Service viewpoint on the forest fire situation.

**A COUNTER EVIL**

"I understand, William," said the minister, "that you caught the Smith boys fishing last Sabbath. I trust you did everything in your power to discourage such evil practices."

"Oh, yes, sir, returned little Willie, "I sure did. I stole their fish."

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**Oregon State Fair**

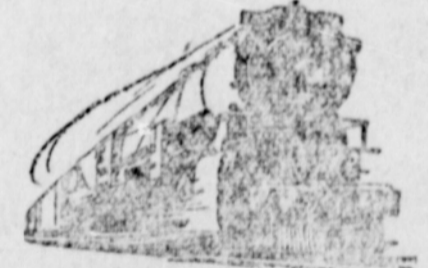
**SALEM**

SEPT 23 to 28



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**OREGON STATE FAIR - SEPT. 21-28**



**Fares to Salem Greatly Reduced**

For only a third more than the regular one-way fare you may buy a round-trip ticket to Salem during the Oregon State Fair.

Tickets are on sale from September 21 to 28 inclusive, with return limit of September 30.

**START EAST BEFORE SEPT. 30**

Only a few days left to buy summer excursion fares to the East. And remember, you get more for your money on Southern Pacific Circle Trips, going one way, returning another, visiting California en route. You have until October 31 to complete your journey.

For all travel information, phone or call on your local Southern Pacific agent

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