

# OUR COMIC SECTION

## Famous Last Words



# DAIRY

## SOME GRAIN IS NEEDED BY COW

Though rich in food elements, alfalfa hay must be supplemented with a grain mixture if the dairy herd is to be kept in good condition and at the same time produce a large amount of milk. This is the conclusion drawn by the dairy department of the New Jersey State College of Agriculture, New Brunswick, from experiments and farm experiences in New Jersey and elsewhere.

In one instance, a dairyman of this state claimed repeatedly that he could secure just as high a production from a ration of good alfalfa hay and first-class corn silage as from one containing also a liberal amount of grain concentrates. Investigation showed, however, that he was giving the cows large amounts of very choice alfalfa hay and was not forcing them to eat it up clean, but allowing them to pick out only the leaves and tender parts. The left-over stems were fed to horses. This dairyman failed to appreciate that the cows were not eating alfalfa hay, but chiefly alfalfa leaves, which contain nearly as much crude protein as gluten feed, and not much more fiber than oats.

All the concentrates in a ration were replaced by alfalfa hay in a trial at the New Jersey experiment station. A ration consisting of 17.5 pounds of alfalfa hay and 35 pounds of corn silage was compared with a ration containing 9 pounds of concentrates rich in protein, fed with corn silage and corn stover. This latter ration was far from ideal, for it contained no legume hay. It produced, however, over 20 per cent more milk and butterfat than the alfalfa hay and silage ration.

In a six-year test at the Illinois experiment station it was found that cows fed some grain in addition to silage and alfalfa hay stayed in better condition than those fed silage and alfalfa hay alone.

## Give Plenty of Feed to Increase Yield of Milk

There is a tendency to decrease the amount of feed fed as the costs mount. The proper thing to do is to select cows with sufficient capacity to become profitable and then increase the amount of feed.

Experience has shown that it is not the highly concentrated rations that make for the greatest production. It is the fresh, partially dilute, soft, palatable feeds, with a low crude fiber content—such as grass—that give the best results.

A mixture of different kinds of hay is important, especially with a high-producing cow, in order that all the nutrients may be provided. Hay should be cut before feeding and the different varieties mixed. Grain is combined with this and plant minerals added. If properly mixed, this feed receives the same treatment in the paunch as hay. This aids digestion and lightens the process of mastication.

## Growing Various Crops to Provide Dairy Feeds

The following amount of home-grown feed should be provided for each cow for a period of one year:

- 3 tons silage if as many as 10 head of cows are kept.
- 1 ton good legume hay—alfalfa, red clover, soy bean, cow pea, etc. If no silage is provided, 2 tons legume hay should be grown for each cow.
- 15 bushels corn.
- 10 bushels oats.
- Plenty of good pasture from front to front.

If the above amount of feed is grown on the farm for each cow it will be necessary to buy only about five bags cottonseed meal and three bags wheat bran in order to have a ration filling the requirements outlined above.

## Addition of Dried Yeast to Normal Calf Ration

In tests at the Minnesota experiment station in which 47 calves were fed, C. H. Eckles, V. M. Williams, J. W. Wilbur, L. S. Palmer and H. M. Harshaw found that the addition of dried yeast to normal rations, including whole or skim milk, grain and hay, did not increase the rates of gain from two weeks to 180 days of age.

"In several experiments with rats, from 15 to 20 per cent of yeast in the ration was required for the production of normal growth. Increasing this amount did not have an additional stimulating effect. A calf ration was fed to rats, with and without yeast, with unsatisfactory results in both cases, due probably to an excess of bulk."

## Box Stall for Bull

A box stall is the best place to house a herd sire, although he should be allowed more exercise than he will get by just tramping around in a small stall. Turn him out into a small paddock each day or give him the freedom of a barn lot to roam around and exercise. The ordinary ration of hay, silage and a small amount of grain is suitable for him. Silage will have no ill effects upon his potency, although he should not be made to subsist upon silage altogether.

# The KITCHEN CABINET

(© 1934, Western Newspaper Union.)  
The buoyancy of health is real enjoyment. Strength, mental vigor, vivacity, and good nature spring from good digestion; good digestion is secured only from eating and drinking proper quantities of food and liquid. It is possible to enjoy buoyancy of spirit and good appetite every day.

## EVERYDAY GOOD THINGS

When you don't know what to have for luncheon or supper, try:

**Spanish Toast.**  
—Cut up two green peppers, add a slice of onion, two sprigs of parsley minced, and a cupful of thick tomato sauce. Simmer the mixture until

smooth. Toast rounds of bread, butter and put a spoonful of the tomato mixture on each round of toast with a poached egg on top.

**Fish Balls.**—Make a white sauce using one tablespoonful of butter, one of flour, with salt and pepper to taste, one-half cupful of milk, and two well-beaten eggs. Cook until smooth, then stir in the flaked fish. Drop this batter by spoonfuls into hot fat. Drain on brown paper and serve at once.

**Ham and Hominy.**—When there is a bit of ham left from dinner, mince it and add it to cooked hominy which has been fried in ham fat, adding minced onion or parsley to the mixture; serve hot.

**Haricot of Mutton.**—Fry two tablespoonfuls of onion in two tablespoonfuls of drippings, add one and one-half pounds of mutton cut into two-inch pieces, salt and pepper well and cover with boiling water. Cook slowly until the meat is tender. Serve with buttered lima beans.

**Apple and Marshmallow Dessert.**—Peel, quarter and slice six July apples. Have ready one-third cupful of seedless raisins, one cupful of sugar. Arrange the apples and raisins with the sugar in layers in a buttered baking dish, add one-fourth of a cupful of water, cover and bake in a moderate oven until the apples are tender. Brush with butter and arrange marshmallows an inch apart over the apples. Place in the oven long enough to plump and brown the mallows. Serve with cream.

**Cocoa Angel Food.**—Sift one cupful of sugar with one-fourth cupful of cocoa. Beat the whites of a cupful of eggs until stiff, add one-fourth of a teaspoonful of cream of tartar to the eggs and another fourth to three-fourths of a cupful of flour. Fold in the sugar and cocoa, then the flour, adding a bit of salt and a teaspoonful of flavoring of vanilla.

A lemon, custard or cream pie is made more attractive and tasty with a few marshmallows dotted over the top of the pie or set into the meringue and browned with it.

## Club Luncheon.

This is the time of the year when much entertaining is being done. While the budget for these affairs is frequently limited, yet it is possible with careful planning to serve delicious luncheons for a very small outlay.

In cold weather there should always be a hot course, either soup or a hot entree with cold meat, potato chips, pickles, rolls, jelly and a dessert. One may serve a fruit cup, sliced smoked tongue, scalloped potatoes, rolls, jelly, olives and dessert. For hot dishes, baked beans, macaroni and cheese, celery cooked and served with cheese sauce, candied sweet potatoes—any one goes nicely with sliced cold meat, tongue or meat loaf or with hot frankfurters. If the meal starts with a cupful of good broth a heavy nourishing salad will take the place of meat, then follow with dessert. The following are a few quantity recipes which will assist in preparing a menu for several:

**California Salad Dressing.**—Take three-fourths of a cupful of orange juice, one-fourth cupful of lemon juice, one-half teaspoonful of salt, one cupful of sugar, three eggs and two cupfuls of cream. Heat the fruit juices, add salt and sugar and eggs lightly beaten, stirring and cooking in a double boiler. When thick, cool, and just before serving add the cream whipped until stiff. This recipe makes one quart of dressing.

**Sunflower Salad.**—Peel eighteen oranges and separate into sections. Stone fifty dates and chop with one-half cupful of nut meats. Arrange the orange sections petalwise on lettuce, using three heads ordinary size; place a ball of the date mixture in the center of each flower. Use the mayonnaise or any desired salad dressing. This amount serves twenty-five.

**Fruit Salad.**—Take eight oranges, six bananas, three apples and one can of pineapple. Cut and mix as usual with the above dressing. Serves twenty-five.

Cottage cheese and pear, pear and tomato, stuffed dates with cottage cheese, canned pineapple and pear, all make delicious salads.

A molded vegetable or meat salad is always welcome and when molded always looks well and serves easily and in uniform portions. It may be molded in one large receptacle or mold and cut into uniform sizes.

Nellie Maxwell

# What Is a Diuretic?

People Are Learning the Value of Occasional Use.

EVERYONE knows that a laxative stimulates the bowels. A diuretic performs a similar function to the kidneys. Under the strain of our modern life, our organs are apt to become sluggish and require assistance. More and more people are learning to use Doan's Pills, occasionally, to insure good elimination which is so essential to good health. More than 50,000 grateful users have given Doan's signed recommendations. Scarcely a community but has its representation. Ask your neighbor!

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## Spicy Story

George Plympton, the scenario writer, loves to tell how he broke into the literary game. He was in New York at the time, and personally submitted his first offering to the editor. The editor took one look at the main title and said:

"I can tell by the name of your story that it won't do for us. Our magazine prints only spicy stories."  
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"Francher?"  
"No, barber."

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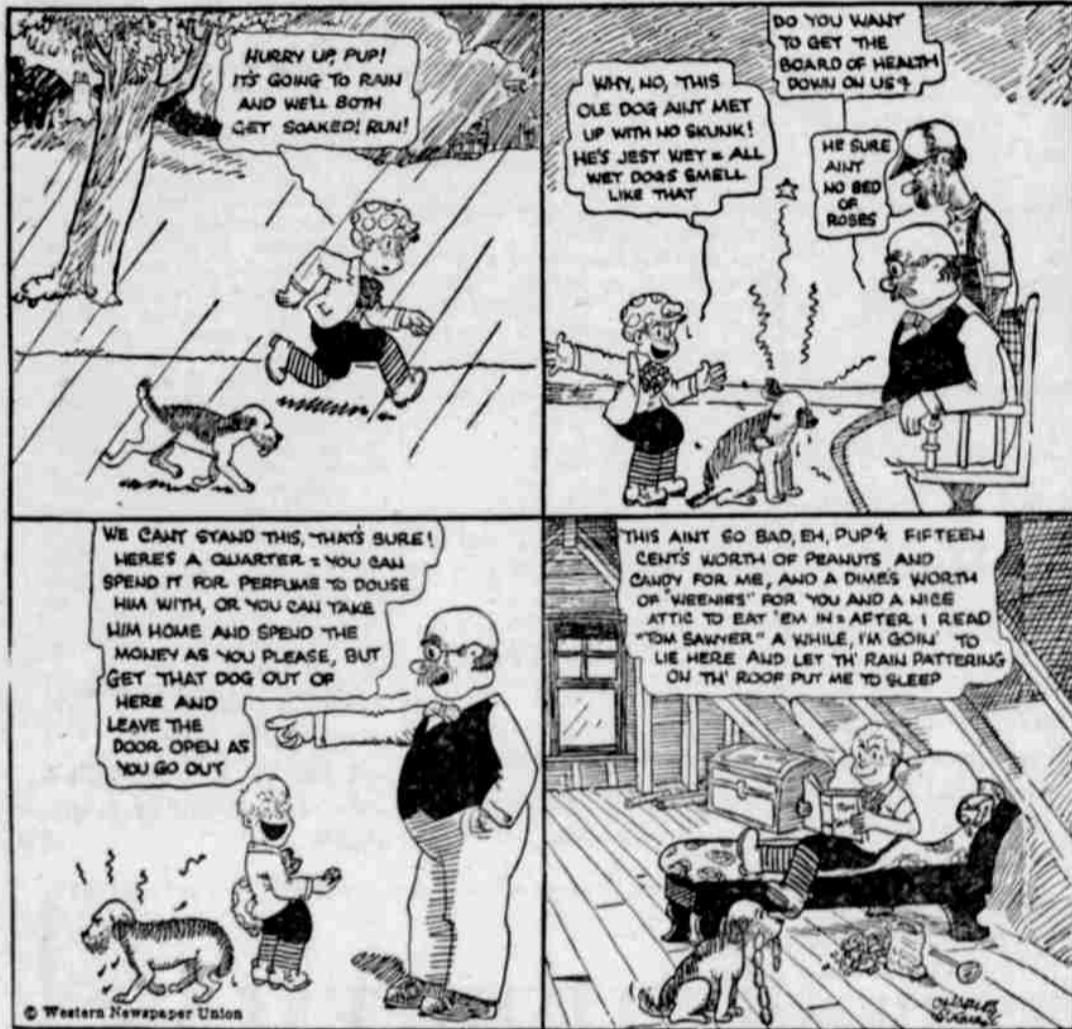
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