

The Farmer

Reduce Acreage and Intensify Treatment

Since the price of farm products has fallen down to almost nothing, in many instances less than what it costs to produce them, in order to gain some advantage, I would recommend to farmers a reduction in the amount of land cultivated, and to apply the same quantity or even more fertilizer per acre to the reduced area.

I also recommend that high-grade fertilizers be used, for in the end they are cheapest. The overhead or general expenses which must be added to a ton that sells for \$30 or \$40, at no greater in amount than must be added to a ton that sells for \$15. The cost of preparation, bags, freight etc., is the same in each case.

There are farmers who apply from 1,500 to 2,000 pounds of high-grade fertilizer to an acre of potatoes—fertilizer that is twice or three times as rich as that used in some other sections of the country. As a result, coupled with thorough cultivation, they grow 500 bushels of potatoes to the acre. Is not the unit of cost of a bushel of potatoes much less when 500 bushels are grown on one acre than when they are grown on eight or ten acres?

Successful manufacturers seek to reduce unit cost, and to that end, they seek by modern methods and machinery to increase the production of their factories. I believe it would pay farmers, in order to reduce the unit cost of a bushel of potatoes or a bushel of wheat, to cover

less land and to cultivate it better, using not only more fertilizer per acre, but a higher quality.

The average yield of wheat in the United States per acre is about fifteen bushels, and yet there are farmers who are getting 40 and 60 bushels per acre. The average yield of corn is about 30 bushels per acre, and yet there are farmers who, by the application of 1,000 pounds of high-grade fertilizer and good cultivation, are harvesting 75 and 100 bushels of shelled corn per acre.

It is obvious that where farmers intensify the treatment, that is, enrich and cultivate better, they can materially reduce the labor cost as well as increase production.

Farmers Should Read More

The next month or more will be the most severe period of the winter. Outdoor work will be greatly slackened due to frozen ground and cold weather. During this period it is advisable to plan the work for the year and to arrange matters so that the farm work can be rushed when spring comes.

A part of this time can well be given to reading. The nights are long and the days are short. The United States Department of Agriculture at Washington, D.C., and the experiment stations and extension divisions of all states, have published numerous bulletins on various subjects. They may be secured free of cost for the asking. Write for a list of available publications and order those desired.

There is much in these publications that is practical and worth while. Also subscribe to a good farm paper, as well as a good colored paper—I would suggest the AFRO.

Read and study these publications and you will be benefited.

Order the seed catalogs you desire and make a list of the seeds you will need. Early orders receive more prompt attention than those mailed during the rush season. Another advantage of early ordering is that there is less chance of the seed men being sold out of certain popular varieties.

Seed catalogs should be carefully studied and seeds should be purchased from those houses whose reputation is the best.

SALMON LOAF A LENTEN DISH

Salmon's gorgeous color and extraordinary flavor give it rightful prestige. It is everywhere available—fresh and packed in tin. Many good cooks have wondered how they might prepare a good salmon loaf that was not too dry and compact. There is no reason at all for such concern when this recipe is used.

The combination of milk and bread crumbs helps to break up the salmon's naturally firm meat, just as it needs to be broken up by other ingredients when used in salads. The directions, which are easy to follow, will give you a moist, tender loaf that keeps its shape and slices well, both hot and cold. The crust will be a beautiful brown, just the right thickness and not tough.

Salmon Loaf

1 lb. can salmon; 1 tbsp. lemon juice; Cayenne; 1 tsp. salt; 2 eggs; 2-3 cup chopped celery; 1-2 cups bread crumbs; 1-2 tsp. baking powder; 1-2 cup milk; 1-2 cup liquid drained from salmon.

Remove skin and bones from salmon and flake with a fork. Add remaining ingredients and shape into a loaf. Baked in an oiled baking dish in a moderate oven (350 degrees F.) until brown and firm. Garnish with parsley and serve with tomato cream sauce or with lemon. Yield: 5 servings.

Sliced cold, the loaf is fine for sandwiches for the children's school lunches, or Sunday evening tea. No better Lenten season food, high in vitamin value, could be found, or for any time of the year, for that matter.

MIDNIGHT SANDWICHES

Your guests will enjoy one or two of these sandwiches at their after-bridge luncheon. As a matter of fact, the family will relish them as a before-bed bite, any time. Try them and see.

Spiced Celery and Pickle Sandwich
2 large sweet pickles (1-4 cup), finely chopped; 1-4 cup celery; finely cut; 1 tablespoon mayonnaise; 2 teaspoons catsup.
Combine chopped sweet pickles and celery. Blend with remaining in-

redients. Spread this filling on slices of buttered bread.

Savory Minced Cheese Sandwich
1-4 pound American cheese; 1 tablespoon butter; 1 teaspoon mustard sauce from mustard pickles; 1-4 cup mustard pickles, finely chopped; salt, paprika.

Allow cheese to stand in a warm place to soften. Mash the cheese and blend with butter. Add remaining ingredients. Spread on thinly sliced whole wheat or rye bread, buttered.

ORANGE RECIPES

ORANGE TOAST

(Serves 6)

1-4 cup orange juice; grated rind 1 orange; 1-2 cup sugar; 6 slices buttered toast.

Mix orange juice, rind and sugar. Spread on hot buttered toast and put in hot oven or under broiler to brown.

ORANGE SAUCE

(Serves 6)

Grated rind 1 orange; 1-2 cup sugar; 2 tablespoons cornstarch; 2-3 cup boiling water; 2 tablespoons butter; 1 egg; 2-3 cup orange juice; 1 teaspoon lemon juice.

Put grated orange rind, sugar, and cornstarch in saucepan, mix well, pour on boiling water and cook 10 minutes, stirring constantly; then add butter. Pour mixture over well-beaten egg; return to saucepan; stir constantly, and cook 2 minutes. Add fruit juices, beat well and cool.

ORANGE AMBROSIA

(Serves 6)

6 oranges; 1-2 cup powdered sugar; 1-2 cup grated coconut.

Peel and slice oranges. Cut slices into halves or quarters. Arrange in serving dishes, sprinkle with sugar and coconut.

FRUIT CUP DESSERT

(Serves 6)

1 cup orange pieces; 1 cup sliced pineapple; 1 cup halved strawberries (or white grapes); 1-2 cup powdered sugar; 6 maraschino cherries.

Combine fruits and sugar. Serve very cold in sherbert glasses with a maraschino cherry for garnish.

"Wait 'Til Your Pa Comes Home"

By MRS. W. B. BAILEY

Everything had gone wrong with Charles all day. Everything he had done seemed to be just the wrong thing. He had annoyed his mother until she was almost distracted.

"All right, my little man, just wait until your father comes home tonight," she finally threatened.

You may have said, "Oh, I don't care if you do tell him." But do you remember how uncomfortably empty and vacant you felt away down inside? How you did hate to see six o'clock come! How you did hope mother wouldn't tell after all! But one look at her set, determined face

proved the uselessness of your hope.

In those old days of the 90's, father was not only the provider but the punisher—the wielder of the birch.

But now things have changed. The present-day father, is "Dad," usually a real pal, a comrade, a dominating influence in the child's life through better means than fear of the rod—a real sportsman. What "My dad" can't do and doesn't think is scarcely worth the average modern boy's time considering.

So "Father" has been coming into his own, but he must pay the price. He, too, must study, read, think, control himself at all critical moments—in fact, must solve the problem of fatherhood in these swift days of modern times—if he is to keep this place of respect and esteem. For each child, no matter how young, is a special personality, just as much as he will be eighteen or twenty years from now. Each personality needs individual treatment. There can be no standardization in rearing children; no one set of rules formulated can be guaranteed to work successfully with all.

And the modern child, brought up by the modern well-trained mother, doesn't know the misery he is saved by never hearing that dreadful sentence of a stern judge pronounced upon him for his misdeeds: "Just wait 'til your pa comes home tonight."

A Clean Skin Best Treatment for Complexion

If you'd earn a prize for a really bright saying, let some one ask you what is the most beneficial thing you can do for your skin. Then you answer: "Keep it clean!" Not all the beauticians and advertising geniuses combined can offer you a better skin slogan than: "Keep it clean!"

There'd be comparatively little sale of acne lotions, for one thing, were this slogan religiously observed. Little blackhead irritation would be experienced. Fewer cases of pimply skin would be seen. And there would be more real facial beauty just because the skin looks clean and is clean.

You know that clean skin business has a surprising way of removing age from the face. If you've been dirty all day, let's say, and you haven't done any brushing up, you get a glimpse of a tired, worn, and kind of oldish looking person in your mirror. But clean up thoroughly—and presto! Unquestionably there's a younger looking face smiling back at you. So much effect has grime on the looks.

Yet, there are faces that look dirty though they have been recently swabbed with cream and lotion. Maybe with soap and water. They look dirty around the nose corners, mouth corners, inside the nostrils, and other places. Faces are something like houses. Some always shine with cleanliness. Others register an easier going housekeeper, one who scrubs up thoroughly once a week, perhaps. Anyway, that's the appearance. Others look as if it had been a long

He Knows His George Washington



WALTER H. MAZYCK
Washington attorney, whose new book, "George Washington and the Negro," has been styled by an AFRO critic as the "best of the year."

time since they had a thorough cleaning.

Anyway, don't overlook that meticulously clean look as a handsome asset.

CHILBLAINS

By Dr. Adolphus W. Henderson

Protect the feet with stout-soled shoes and rubbers or galoshes. Upon entering a well-warmed room, these should be changed immediately to prevent perspiration. When it is impossible to change, the feet should be dried often.

As cold and dampness cause and aggravate a case of chilblains, keep the feet off of cold floors in the house, train, or trolley. Remove them from any cold draught. Avoid stockings that are too warm; as well as those too thin.

Maintain an even temperature if possible. Do not toast feet in the oven or upon a hot water bag. Better is it to stimulate the circulation by gentle massage until the feet become warmed. Be careful, however, do not cause friction of any degree. The object is to restore normal circulation.

At the first sign of redness of the skin, accompanied by intense itching, consult your chiropodist.

In cases where chilblains have formed, a visit to the chiropodist is advisable; as he is best prepared to give permanent relief and advise against a recurrence.



This Girl Is Never Lonesome

When men's glances linger, then frankly admire... what feminine heart doesn't thrill? Know this thrill! You can have alluring beauty. Dr. Fred Palmer's Skin Whitener Ointment softens and lightens the darkest skin, clears up pimples, blotches and tan marks, and does away with that "oily, shiny" look. Use this preparation regularly to make your skin soft, delicate and charming. This amazing Ointment is made in the famous Dr. Fred Palmer's Laboratories where are also made those other beauty aids you know so well: Dr. Fred Palmer's Skin Whitener Soap, Skin Whitener Face Powder, Hair Dresser and Hd Deodorant which may be had at all drug stores for 25 cents each or will be sent post-paid upon receipt of price. Dr. Fred Palmer's Laboratories, Dept. C, Atlanta, Ga.

Send 4c in stamps for trial sample of Skin Whitener, Soap and Face Powder.

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Skin Whitener
WHITENS YOUR COMPLEXION YOUTHFULLY

WHITEN YOUR SKIN

with the only Bleaching Cream that has the exclusive "Double Strength" Feature

MOST EFFECTIVE — MOST ECONOMICAL

Only Genuine Black and White Bleaching Cream has the exclusive DOUBLE STRENGTH feature. Only Black and White has the power to penetrate down to the fourth layer of your skin where coloring is regulated. That's why

Genuine Black and White Bleaching Cream whitens your complexion in half the time at half the cost—that's why it clears up moth patches, bumps and dark spots quicker than anything you ever used before.

Here is the surest and most economical way to a LIGHT, BRIGHT SKIN



The big handsome opal jar of Black and White Bleaching Cream is only 50c at your favorite drug store or toilet goods counter. Get a bar of Genuine Black and White Skin Soap, economically priced, 25c, to use before you apply this marvelous bleaching cream.

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