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EXERCISE ENHANCES QUALITY OF BEEF

[illegible] to be assumed that Utah [illegible] the medium just to [illegible] cattle as is still [illegible] Health in the New [illegible] Just now, when [illegible] American farmer [illegible] and crowd the animal to [illegible] in Heath's views are [illegible] to be decidedly [illegible] the revivifying idea. Dr. [illegible]

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The learned Englishman argued Dr. Chalmers, in his valuable manual of physiology, the following sentiment strongly: "What is the worth of this improvement, and adequate exercise? Disease, premature decay, and early death are the consequences. Exercise is the subject must be considered, as the heart and arteries do not grow at the same rapid pace with the rest of the body, and the animal, insufficiently supplied with blood, is in a state of extreme weakness. Excessive development of size and maturity are, on the breeder's side, a claim, both in these cattle for the butcher and those intended for breeding, it is a saving of time, and therefore money, but nature is not disposed to be so economical. I fear that our agricultural societies are not free from blame of this, inducing competition in bulk to their system of rewards, and I do not see how they can counteract the evil, unless they have recourse, unless to instituting rewards for prime beasts, to be adjudged at the table, as well as in the larder."

The Frenchmen are experts in economy. They have made many pairs of shoes to do the work of a few horse shoes, thus saving for their keeping up to maturity, when they feed and fatten them for the meat market.

As I shall have frequent occasion to refer to the economic value of exercise and exercise is necessary to maintain their strength and perfection. So of the bones in all locomotive animals their size and power, and the quantity and purity of the blood, are a consequence of and nearly proportioned to activity. So there cannot be full, vigorous health or good handling qualities in cattle unless they are permitted or compelled to take at least a moderate extent of exercise daily in pure air and comfortable surroundings."

This is equally true and necessary in the dairy management as in the perfection of meat animals of every service and every breed. Kind treatment and exercise go hand in hand. It is for this purpose that I have put excerpts of our domestic animals forward as worthy of the best thought of writers, breeders and handlers of our meat and dairy animals. These two industries being the produce and most encouraging of all of our noble American industries, they provide us the primal needs of life.

Possibilities of an Acre.

[illegible] growth of population in Utah [illegible] that the possibilities of [illegible] Utah within the [illegible] Farmer remarks that [illegible] the possibilities of an acre [illegible] cultivation is daily exceeded.

[illegible] or six acre of ground [illegible] determined. There is a [illegible] of 75 bushels of grain [illegible] and it is not unusual [illegible] that the delivery of [illegible] to approach the [illegible] is cultivated with [illegible] cultivating [illegible] would be [illegible] to the American [illegible] from grass [illegible] for 10 the cost [illegible] the cultivation [illegible] the cultivating idea. Dr. [illegible]

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Curing Pork for Home Use.

After killing and dressing, the hogs should hang until thoroughly cooled. Operators are usually lazy in cooling the meat, and leave it in piles, thus to sick house night. Then it is always dressed and hangs there for cold nights, leaving other all the work, which are not perfect in the morning. Hogs should be cooled, then place in the pen in the shed, where they can be kept clean for back. The cold of most days will prevent flies, but if not, a cheesecloth will keep them off. Do not cut the hogs open, but let the entrails remain in the body, and they will be dressed, the entrails should be drawn out and the cavity washed out with water. Then hang up the hogs, and there place on the body, and then place on the ground.

The hams and shoulders are cut about of the hog, then well rounded and trimmed. Place strawberry jam, made of molasses or good sorghum, and then rub well with the hands. Place hard in meat from hot lard and trimmings well, then place in hard rock and let stand and trimmings. The shoulders and sides are rubbed with salt and placed on edge to layers in a barrel. Place about five pounds of salt to each hundred of the bottom. For each 100 pounds of meat make a pickle of ten pounds of salt, two pounds of brown sugar, half an ounce of saltpeter, one ounce of red pepper and half pint of molasses. Put the molasses and sugar in hot water and stir well. Then add the salt and saltpeter, and the pepper, and boil two minutes. Skim and cool and remove the scum.

After the brine has cooled, pour it over the meat and let it remain from five to six weeks, then remove meats and wipe the brine, after which they are ready for the smoke. Which should last from two to three weeks. Hickory and birch sawdust, chips and pieces produce most of the best flavor. The smoke should be kept as constantly, but the meat should not hang near enough to the fire to become heated. The smokehouse must be tight, and it is safer to have a second floor. The fire should be built on an iron pan or on a stone floor in the building, and the smoke allowed to circulate. It is the best plan to place in the sawdust and chips placed over this, and the smoke will start quickly. An occasional piece of green wood adds to the smoke. After smoking the hams, shoulders and sides are wrapped in muslin bags, which are then whitewashed with lime and hung in a dark, cool place.

The salt pork is left in the brine until used. It is usually salted more than the hams, and should be placed in a separate barrel made from well-seasoned oak. A stone is placed over the meat to keep it under the brine. In the spring the meat is removed and placed in clean water and the brine boiled and skimmed off. The pork is then put in the clean barrel and the brine poured over it. If this precaution is not taken, when warm weather approaches the strong at the top of the brine will putrify and ruin the meat.

Profit in Raising Mules.

To begin with, mules can be raised cheaper than almost any other farm stock. Especially in the time when compared to horses. They can be given light work when two years old, and if properly handled at three years of age are able to work as a four-year-old horse and (of course, under no circumstances should the work be severe) by the greatly, the mule is not injured with the checkrein. If used for driving or hoeing, cultivating, for hauling manure or other work, the mule is not injured by the strain, as he is used to it from the time he was a colt. Mules are very hardy and healthy, and can be left out in the winter in the open, if they are well fed and have a good shed to go into when they want to. They are very easy to care for, and will make a good living on what would be a total loss to a horse. Mules