

# NOTES From MEADOWBROOK FARM



By William Pitt

Know your brood sows.  
Clean the poultry houses.  
Chickens like sunflower seeds.  
Kerosene emulsion is easily made.

A horse that is trained without blinds is usually the safer horse.

Young pigs are peculiarly subjected to various kinds of intestinal worms.

It is better to give the orchard clean cultivation than to try to raise crops in it.

It is better to have a dirty floor than a dirty, dusty atmosphere during milking time.

Leave a horse untied when hooked to a vehicle and he will be likely to be gone when you return for him.

Fine gravel is not the proper grit for poultry. They want a sharp material with which to grind their food.

Expert orchardists recommend seeding the orchard to crimson clover—or rye to be plowed down the following spring.

In localities where aster, goldenrod and other fall blooms abound it is well to look for surplus even in September.

An hour's work with a sharp wire at the foot of your peach trees killing borers may mean an extra bushel of fine peaches.

A tree can be bridge grafted in less than half an hour, and it is better to take this time to do it than to let a valuable tree die.

Go over the young apple trees and cut off every water sprout with a sharp knife close to the trunk. Do it early, and they will heal this season.

To do well the cows should be turned dry something like six weeks before freshening. This is good for the calf, rests the cow, and develops the udder.

When it comes to growing pigs, calves, poultry or cream, any farmer with a few acres of alfalfa on his farm has a great advantage over his neighbor without it.

The first milk of the cow is of a peculiar character—called colostrum—acting as a purgative, and this puts the bowels of the young calf in perfect working condition.

If you did not have enough good seed for the farm crops, lose no time in getting enough to plant your crops. Get the best that can be had, regardless of the price.

A ration for a dairy cow should fulfill the following requirements: It should be balanced, palatable, home grown as near as possible, and finally it should be economical.

During the winter the dairy farmer has more time to figure out his plans for improving his system of farming. The great question should be to get a better and more profitable lot of cows.

Sixty per cent. of all horses that go unsound, go wrong in the hock joints, according to the notes taken by one breeder. Too much attention cannot be given the hocks in choosing stallions to which the mares are to be mated.

Call a veterinarian if a mare is having trouble in dropping a colt and you are in doubt of being able to assist her properly. A fee of \$5 or \$10 to the veterinarian may save a \$300 mare and bring a colt into the world that will develop into a horse worth as much more.

A little knowledge of the proper type of animal to select is worth a lot of money to the buyer sometimes. Attend the short course schools whenever you get a chance and study the types and breeds as well as the markets. There is a surprising difference in animals when you know what to look for—as much as there is in people.

When it is desired to spray the poultry house it is important that every square inch of space should be given a fine spray, and while small force pumps, rubber sprayers, bellows, etc., may be used, it is not so important to do the work quickly as to do it well, care being taken to force the spray mixture upon the walls and into the cracks. It must be in the form of a fine spray to reach every spot. Such methods of applying it require but a short time, and it is labor well applied if the lice are exterminated.

Give the chickens grit.  
Kill out the peach borers.  
Don't overfeed the little chicks.  
Alfalfa makes an excellent roughage.

The rent in the clothes will not pay the rent on the farm.

The Babcock test is just as accurate as the man who uses it.

Don't keep eggs for hatching longer than ten days or two weeks at most.

Milk at 90 degrees is about the temperature at which it separates best.

If rabbits have gnawed only the outer bark, wrap the wound with cloth.

Barley and oats, as well as wheat, are usually improved in quality on flax land.

Working the soil when it is wet will make it coarse and lumpy the whole season.

As soon as your lettuce is large enough, feed it to those chickens you are fattening.

There is no better way by which the corn crop can be used than through the silo.

You can not make as good silage from dry cornstalks as you can from mature green corn.

Plant a row of the large, tame sunflowers along the fence for hen feed at moulting time next fall.

The strawberry is one of the small fruits which apparently thrive better in acid than in alkaline soils.

The fleece of the ram should be dense, even in quality, and of a strong, clear, white fiber throughout.

A pure-bred bull is often a poorer bull. Pedigree and performance are not interchangeable words.

It is to the poultryman's interest to keep his stock to the best type, healthy and vigorous all the time.

A half day's work in the orchard with the manure spreader will show up when apples are ripe next summer.

No profit in keeping old ewes that have lost their teeth. Better fatten them the best you can and get rid of them quickly.

You should know the working qualities of your sows; watch them from the time they farrow and see how they treat the little fellows.

The average cow ought to have four to six weeks' rest each year. A good time to dry them off is just as they begin to make an udder.

Coal oil will soften the old paint brushes used last year. Place them in a can of the oil and wash them well in warm soapsuds.

Feather pulling may be checked by dissolving powdered aloes in water and washing the feathers of the birds that have been plucked.

To keep up a heavy milk flow a cow must have all the water she can drink for every 100 pounds of her milk contains 87 pounds of water.

Every garden for the home should have grapes and many market gardens could be made more profitable by growing this splendid fruit.

Many people have the idea that brown shelled eggs are the richer but the difference between white and brown eggs is only in the color.

The best milking pail is the one so constructed that it will reduce to a minimum the amount of dirt falling into the milk during the process of milking.

One of the most general methods adopted for cooling milk is to place the cans in a vat containing water which reaches a point slightly above surface of milk.

Cleanliness in handling, in straining and in separating the milk is a thing that cannot be too religiously adhered to, for prevention is the key word to quality in all dairy work.

The cow is a fertilizer factory, a butter factory and a skim milk factory; yet many farmers feed her as little grain as they dare in the winter and none at all in the summer.

Plan to have a good, big patch of strawberries for home use, and secure your plants early in the season. The big crop of berries is from vines that have a long season of cultivation and growth.

Horses with sore eyes can be greatly relieved by applying one part coal tar disinfectant and eight parts vaseline. Do not get grease in the eyes. Also use saturated solution of boric acid and salt water as a wash.

If you have plenty of potatoes on hand they make an excellent feed for pigs, but they should be cooked and mixed with corn chop, middlings, etc. Corn meal and potatoes, well cooked into a soft mush, makes an ideal feed and is greatly relished by pigs, besides it is a very healthful food.

# The KITCHEN CABINET



**I**F STRAWBERRIES be not in season, buy them not at a great price. It is neither art nor courtesy to invite your friends to be "eating money," as the saying is. A guest should be led to think always that her meal tasted pleasantly, never that its cost was disagreeable.

## PRACTICAL DESSERTS.

During the season of fruit, and for that matter, that is all the year round, fruit provides a dessert that is easy, usually inexpensive and decidedly wholesome. All fruit will not do in dessert making, so we like a variety of reasonably inexpensive dishes for everyday use.

There is a large variety of fritters and hot cakes that may be served with various sauces and are quickly and easily prepared. The fat kettle is carefully covered and set away and can be brought out to heat while the fritters are being prepared.

**Apple Fritters.**—Sift together one and a third cups of flour, two teaspoonsful of baking powder and half a teaspoonful of salt; beat an egg, add two-thirds of a cup of milk and mix all together, adding two sour apples cut in small pieces. Drop by spoonfuls in hot fat and fry a delicate brown. Roll in powdered sugar and serve with currant jelly sauce. The sauce is prepared by boiling together a cup of sugar and a third of a cup of water five minutes; add four tablespoonsful of currant jelly and when boiling hot the juice of a lemon; strain and serve, if a very nice sauce is desired, with a handful of candied cherries.

**Baked Bananas (Porto Rico).**—Put rather green bananas in the oven and bake until the skins burst; serve with butter.

**Souffles** are another form of dessert which may be varied in endless ways. When baking, a shallow pan should be used, as the weight of the mixture tends to break the cell walls. When the dish seems to be too shallow, line it with a band of buttered paper that stands up above the dish. Always set the pan into water to equalize the heat in baking.

**Coffee Souffle.**—Cook together three tablespoonsful each of butter and flour, then add a cup of black coffee. When thick add salt and a third of a cup of sugar; cool and add the beaten yolks of three eggs, and then add the beaten whites. Turn into buttered dish and bake until firm. Serve with whipped cream.

**Y**OU may keep your feet from slipping and your hands from evil deeds, but to guard your tongue from tripping, "What unceasing care it needs."

## LEFT-OVER DISHES.

It takes thought and planning to use the bits of left-over meats acceptably. One may often buy in the market small amounts of meat, too small for any but individual portions, which may be used with other foods to provide a good meal.

A little chopped ham added to an omelet makes a pleasant change and the dish has more food value, an important item, when preparing the meal, to arrange for.

**Cooked ham mixed with mashed potato,** and after seasoning make into flat cakes. Brown in a little fat.

**Mincéd Liver.**—To each cup of cold, minced liver add one tablespoonful of chopped onion browned in butter, and season with salt and a little paprika. Turn into an agate frying pan with a little water. Sprinkle lightly with flour and add a quarter of a cup of vinegar. Simmer until well heated.

**Sausage and Rice Cakes.**—To one cup of cooked rice, warm or cold, add an unseasoned egg and two tablespoonsful of cold fried sausage. Form into flat cakes. If the mixture is too soft add a little more rice. Brown in butter or hot fat, being careful to have the fat very hot before adding the cakes. This amount will make half a dozen medium sized cakes.

**Yankee Toast.**—Poach a few eggs and brown the same number of pieces of toast in bacon fat. Crush a little of the bacon and sprinkle over each slice of toast and serve with an egg on top. Shred a leaf of lettuce very fine and garnish the top of each egg.

The meat from a shank of boiled ham may be chopped and mixed with boiled salad dressing. Pack in a jar and have a sandwich filling that will keep indefinitely.

**E**RRORS like straws upon the surface flow; He who would search for pearls must dive below. —Dryden.

## OMELETS.

To make a good omelet requires skill and deft handling. A good omelet is a work of art of which one may be justly proud. Eggs are reasonably plentiful now, and omelets of various kinds are in season.

**Fruit Omelet.**—To the yolk of one large egg beaten until very light, add

one tablespoonful of fruit juice; if orange is used, add a fourth of a teaspoonful of the grated rind and a teaspoonful of sugar; beat well together and fold in the beaten white. Cook very slowly in a well-greased omelet pan.

**Caramel Omelet.**—Take two eggs, separate the whites and yolks and beat well. To the beaten yolks add two tablespoonsful of caramel sirup. Beat until well mixed, add more sugar, if needed, a half teaspoonful of vanilla and one teaspoonful of lemon. Fold this into the beaten whites and cook in a greased pan.

**Cheese Omelet.**—Cook together a cup of milk and four tablespoonsful of cornstarch. Pour this when cool over the well beaten yolks of four eggs. Stir into this four teaspoonsful of bread crumbs and the same amount of cheese. Fold in the whites, which have been beaten stiff, and bake in a moderate oven fifteen minutes.

A ham omelet is prepared as for a plain one, and minced ham is sprinkled over the top just before folding it over.

A delicious sweet omelet is prepared with almonds and maple sirup. Into a hot buttered omelet pan turn a handful of blanched almonds, then pour over them a plain omelet, being careful not to have the heat strong enough to burn the nuts. Fold and pour around it a hot maple sirup. This makes a very nice dessert.

**Tomato Omelet.**—Make a plain omelet, and when ready to fold, pour over it half cup of thickened tomato, stewed down. Add a teaspoonful of butter and two of four cooked together, season with salt and pepper and serve hot.

The family may wait for the omelet, but the omelet should never wait for the family. An omelet kept waiting has a most discouraged, down-at-the-mouth sort of an expression.

**S**OME of your hurts you have cured. And the sharpest you still have survived. But what torment of grief you endured From evils which never arrived. —Emerson.

## FROZEN DISHES.

There is such a latitude for variety in frozen dishes that the same dish need not appear often enough to be monotonous.

**Burnt Almond Ice Cream.**—Blanch and chop a cup of almonds, caramelize four tablespoonsful of sugar, and add the almonds. When cold pound to a powder. Add this mixture to ordinary ice cream with a tablespoonful of almond extract.

**Cocoa Nut Ice Cream.**—Mix a half cup of cocoa with a half cup of flour, a cup and a fourth of sugar and a half teaspoonful of salt; add two eggs slightly beaten. When well mixed add two cups of scalded milk, cook in a double boiler, stirring constantly. The eggs should not be added until the flour is well cooked. Then add a cup of walnuts, a little vanilla and two cups of cream. Freeze.

Maple sirup, hot, with chopped nuts, makes a plain ice cream seem quite stylish.

Plum pudding ice cream is plain ice cream to which a cup of dried and pounded plum pudding is added.

To make caramel ice cream add a cup of caramelized sugar to unsweetened or lightly sweetened ice cream.

**Cocoa Cocoanut Cream.**—Make the same as for cocoanut cream except omit the nuts and substitute a cup of freshly grated cocoanut instead. Add the juice and rind of one lemon. Freeze.

**Chocolate Mousse.**—Melt three ounces of chocolate, add a cup and a half of sugar and one cup of this cream. Boil one minute. Mix a tablespoonful of granulated gelatine with a fourth of a cup of cold water; add it to the boiling mixture, and when cool add a teaspoonful of vanilla, a little salt and the whip from three cups of cream. Pour into a mold and pack in equal parts of ice and salt. Let stand four hours.

For strawberry mousse substitute two cups of crushed strawberries instead of the thin cream and use a tablespoonful and a half of gelatine.

**Nellie Maxwell.**  
**Babies—Lean and Fat.**  
Weigh the baby every day. All you need is one of the automatic weighing machines of small size such as the old-fashioned housekeeper uses in the kitchen when doing up fruit, and an oblong basket with a flat surface. Any mechanic will find means of securely fastening this basket on the top of the scales, and when you have painted the entire contrivance white, made a pink or blue nest of padded China silk for the inner side of the basket and trimmed its outer side with enormous bows of satin ribbon, you will have a charming-looking extra cradle into which to temporarily deposit baby while its ordinary cradle is being aired.

## Plenty of Room.

"How dreadfully stout the general is getting."  
"Yes, isn't it fortunate? Otherwise he wouldn't be able to wear all his medals."—Punch.

**Ghost Talk.**  
Aunt Caroline came running into the dining room, her kinky hair on end.  
"Misses," she gasped, "I done met a ghost out dar by de well."  
"You must have been mistaken, Caroline," said the lady of the house. "There aren't any such things as ghosts."  
Aunt Caroline drew herself up haughtily.  
"Dey ain't, ain't dey? Well, what would you say if I tole you this 'un done spoke to me? Yes-sum, I heard him."  
"Why, what did he say?"  
"Say," sniffed the dusky mistress of the meals, "h'ow you specs I know? I neber learned dese here dald lang wiches."

**It Checked Baby's Dysentery**  
Last summer after everything else failed, we found Kopp's Baby's Friend an excellent remedy during teething and for bowel troubles, writes Mrs. R. B. Des Ernia, Jerome, Mich. Sold by druggists, 10c., 25c. and 50c., or sent direct by Kopp's Baby's Friend Co., York, Pa., Free sample sent on request.

**When Caesar Crossed the Rubicon.**  
Julius Caesar was about to cross the Rubicon.  
"In an extreme case like this," he said, blithely, "I wouldn't mind going through the Hudson river tube, even if I had to pay seven cents for the privilege."

**If You Are a Trifle Sensitive**  
About the size of your shoes, you can wear a size smaller by shaking Allen's Foot-Ease, the antiseptic powder, into them. Just the thing for Dancing Parties and for Breaking in New Shoes. Gives instant relief to Corns and Bunions. Sample FREE. Address: Allen S. Olmsted, LeRoy, N. Y.

**A Cold Day.**  
Hewitt—So Gruet is to marry a Boston girl this week?  
Jewett—Yes, he is harvesting an ice crop.

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German silver is an alloy of nickel, copper and zinc.

# WOMEN SHOULD BE PROTECTED

Against So Many Surgical Operations. How Mrs. Bethune and Mrs. Moore Escaped.

Sikeston, Mo.—"For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk. I cramped and had backache and headache, and was so nervous and weak that I drenched to see anyone or have any one move in the room. The doctors gave me medicine to ease me at those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do my own housework, hoe my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as any ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl."—Mrs. DEMA BETHUNE, Sikeston, Mo.



Murrayville, Ill.—"I have taken Lydia E. Pinkham's Vegetable Compound for a very bad case of female trouble and it made me a well woman. My health was all broken down, the doctors said I must have an operation, and I was ready to go to the hospital, but dreaded it so that I began taking your Compound. I got along so well that I gave up the doctors and was saved from the operation."—Mrs. CHARLES MOORE, R. R. No. 3, Murrayville, Ill.

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