

Demonstrators Teach Value of Potatoes

By the U. S. Department of Agriculture

Thirty million bushels of potatoes, the estimated surplus of last year's crop, must be eaten before July 1 or they will rot. Potatoes are a cheap food now in most places. At two cents a pound they are equal in food value to bread at eight cents a loaf. Every potato eaten saves wheat.

Fifteen hundred home-demonstration agents of the United States department of agriculture and the state agricultural colleges are ready to push the potato along a well-paved way. They are teaching how to use mashed potatoes as a substitute for wheat flour in breads and pies and cakes; they are giving instructions in the making of potato loaf and scalloped and baked dishes. They are showing women how they can train their families to eat potatoes cheerfully three times a day.

In the cities the gospel of potatoes for patriotism is spread through the war kitchen, the neighborhood centers, the clubs, the churches, demonstrations in settlement houses, talks before Red Cross auxiliaries, etc. Potato booths are being arranged in the local food shows and in the retail stores and the schools and clubs are being enlisted in the big drive.

In the country the work is not so spectacular but just as telling, for through the county organizations and the home-demonstration agents' voluntary workers the potato idea is carried directly to thousands of women in their own homes.

These home-demonstration workers are dedicating their time and energy to the work of aiding the women of the country in their war-conservation problems and are proving more and more every day that this is the most direct and practical route for carrying an idea into the hearts and homes of American women.

IT IS TO LAUGH



Bears It Manfully.

Lady of House—
Don't you ever
get tired of doing
nothing?
Tramp—Oh,
yes, mum; but I
never complain.

Necessary Expenditure.

"I say, Brown, can't you manage to pay me that \$10 you owe me? I need the money."

"Awfully sorry, old man, but I can't do it."

"I notice you manage to go to the theater two or three times a week, though."

"That's just it. The thought that I owe you money is worrying me so that I have to do something to help me forget it."

His Wife's Fault.

"This man says you owe him money, Sam," said the judge.

"Dat's right, judge, I does."

"Well, why don't you pay him?"

"Why, I hain't got nothin' t' pay him wif, judge."

"Well, why haven't you?"

"To tell de honest truf, judge, s'pects my wife has felled down on de job!"

Enough Cedi!

Alfred Francis, composer of "The Love Mill," was examining girl applicants for places in the chorus.

When he asked one her name she replied, "Minnie Sota."

"I took the name of my native state," she said.

"Why?"

"Well, my real name is Skoopy and—"

"Sufficient!" said Mr. Francis. "Your apology is ample."

Just One Word.

"Henry, you ought to know a little German before you go abroad. Suppose you are captured? You will want to know what the Germans are saying to you."

"Don't worry about that," said the khaki-clad hero confidently; "all I ever expect to hear from a German soldier is 'Kamerad.'"

Occupation of the Hour.

"I suppose your motto is business before pleasure."

"Not now," replied Senator Sorghum. "A fight takes precedence over both of them."

Their Dilemma.

May—Dick Welles told me last night he loved me, but did not ask me to marry him.

Bella—And he asked me to marry him, but didn't say a word about love.

Few Senators Present to Hear the Opening Prayer

Some time ago, when the archbishop of York, primate of England, was in Washington he prayed at the opening of a session of the senate. Most of the senators were present. They all listened devoutly and attentively and when the archbishop wound up with the Lord's prayer they joined in with him. There is nothing very extraordinary or striking about this incident until it is considered in connection with the attendance of the senators on ordinary occasions when prayer is offered in the senate chamber. Often there are only a handful of senators and a few youthful pages present. On one occasion only one senator and a few pages were on hand when the opening invocation was delivered.—Pathfinder.

Mother's Cook Book.

Little cubes of sugar,
Little grains of wheat—
Save them with the bacon
And other kinds of meat.

Every dinner table
Wherever people eat,
Will help decide the verdict—
Victory or defeat.

Cherry Time.

Cherries, like other small fruits, may be canned without cooking. Crush the fruit well and mix with equal parts of sugar; stir until the sugar is well dissolved before canning. Care should be taken that the jars are sterilized, and that they are perfectly sealed; then keep in a cold place.

A few preserved cherries to use as a garnish for various dishes are quite an addition to the fruit closet. When canning cherries, if a kernel or two of the pits are added to each jar, the flavor of almond, which is most delicate, is given to the fruit.

The Royal Ann, which is a sweet, juicy cherry, makes a most delicious salad. Sprinkle the cherries, after pitting them, with a little lemon juice and sugar. Served in a fruit bowl, garnished with cherry leaves, one has a most refreshing breakfast dish.

A pretty garnish for cherry jelly or other desserts is the fresh cherry left in bunches with the stems on, dipped in powdered sugar. Arrange around the jelly or molded dessert.

Cherry Fritters.

Make a batter of a cupful and a half of flour, barley or corn flour, mixed with equal parts of wheat flour; sift with two teaspoonfuls of baking powder, a half teaspoonful of salt and one half cupful of milk, one beaten egg. At the last add a cupful of pitted cherries that have been covered with sugar and allowed to stand for an hour. Drop by spoonfuls into hot fat, and fry to a golden brown. Serve with a sauce made from the cherry juice and sugar.

Cherry Conserve.

Chop one pound of raisins, two pounds of cherries, three oranges, (juice and rind), and cook with four pounds of sugar for 20 minutes. Seal in small jars. This is delicious.

Cherry Salad.

Remove the pits from large, dark cherries like the "Bing," and fill the cavities with blanched filberts. Arrange a few on head lettuce and serve with French dressing.

City Boys Keener of Ear Than Are Country Fellows

English army doctors, finding city boys keener of ear than country boys, adopt the theory that the quietude of rural districts explains the difference, says the New York World. Urban noises, they argue, keep the aural nerves in a state constantly responsive. Looking across seas, these savants may discover that the keenest human ear ever known, those of the Indians and the frontiersmen, have been developed in the silences of American forests and prairies. It seems probable that hearing, like many another faculty, depends for its active strength upon the exercise due to necessity. It is need, rather than noise, which keeps a listener's nerves on the alert.

The New Beginning.

Almost everyone believes in the principle of making a new start. When we fail we comfort ourselves with the hope that we can try again. But we must not forget that in starting again one of the most important considerations is just where we should make this new start and how to begin it.—Exchange.

Hans Wagner's Idea of Size Was Right When It Came to Building Golf Ball Mound

Barney Dreyfuss always delights in recounting the tale of Hans Wagner's first golfing experience.

"Some years ago, while the Pirates were training in Hot Springs," declares Dreyfuss, "some of the enthusiastic golfers tried to get Wagner interested in their game. But for a long time Honus would not enthuse. At last, however, they succeeded in luring him to the links and armed him with a driver and a golf ball.

"Honus grabbed a handful of earth and built himself a huge mound, on which he placed the ball. Just as he was about to drive off, one of the ex-



Hans Wagner.

pert golfers, horrified, hurried over and grabbed the club of the Dutchman.

"Oh, my dear fellow," he exclaimed, "you never can accomplish anything with such a high mound for your ball." And then the golfer lifted up the ball, kicked Wagner's four-inch mound to dust and built another about a half inch tall, placed the ball on it and then, turning to Wagner, ejaculated: "There; that's about the proper height."

"Wagner surveyed the new mound and then said:

"I think I like the higher one better," and at once rebuilt the mound to its original four-inch size.

"And then, while the veteran golfers sadly shook their heads because of the 'fool idea' of Wagner, the Dutchman swung, caught the ball fairly, and made the longest drive ever recorded on Hot Springs' golf course."

Bread From Cotton Seed; Provides Salad Dressing and a Butter Substitute.

The cotton plant, upon which the world depends so largely for clothing, is rapidly increasing in importance as a food producer. Oil from the cotton seed, formerly almost monopolized by makers of high grade soap, now appears upon the table in the form of palatable salad dressing and also as lard and butter substitutes. More recently the seed has been made to yield a flour from which bread pleasing to the taste and as nourishing as lean beefsteak is baked. A bakery in a Southern city is selling 400 loaves of it a week.

The annual value of cotton seed products is placed at \$250,000,000, one-half the output being used for food. Farmers are now receiving \$40 to \$50 a ton for the seed, as compared to \$6 or \$7 a quarter of a century ago. The yearly crop is about 5,000,000 tons, a great asset to the consumer at this time of extreme high prices for pure lard and dairy products.

Interesting Facts

Less than two in every 10,000 factory operatives meet death from accidents connected with their work.

A recent 12 1/2 per cent bonus to British munition workers is costing the country \$700,000,000 a year.

Two thousand four hundred college men have been enrolled for work in shipyards for the duration of the war.

The federal bureau of mines reports that there were 2,696 fatalities in the coal mines of this country last year.

Canadian unions want a labor representative on the committee to aid vocational training among returned soldiers.

Dimensions of Capitol.

The entire length of the capitol building at Washington from north to south is 751 feet 4 inches, and its greatest width from east to west is 350 feet. The area covered by the building is 153,112 square feet. The dome is of cast iron; its height above the base line of the east front is 287 feet 5 inches; the diameter of its base is 135 feet 5 inches. The bronze statue of Freedom on the top of the dome is 19 feet 6 inches high and weighs 14,965 pounds. The rotunda is 96 feet 6 inches in diameter and its height from the floor to the top of the canopy is 180 feet 8 inches.

Exiles' First Breath of Free France

Scene at Railroad Station at Evian, on the Swiss Border



Every day on the platform of the railroad station at Evian, on the Swiss border, about 1,500 returning exiles have their first breath of free France. They are the men and women and children—of no further use to the enemy, who are being returned to their own country from Germany and the conquered districts of France and Belgium. The French government requested the assistance of the American Red Cross in solving some of the acute problems at Evian, where these 1,500 people must pass through every day to make room for those coming tomorrow!

When the first trains came in, always with several cases of contagious diseases among the children, there was the constant danger of epidemics spreading through France, as these refugees scattered through the country. The first thing the Red Cross did was to establish a system of medical inspection to prevent this, and a children's hospital and dispensary, where thousands of little ones are given expert care. Several famous old monasteries and chateaux near Evian and Lyons have been made over into convalescent homes for these orphan children and the Red Cross is active in their support. Amid all the tragedy of Evian there is the thrilling hour of return to France; and in the care of the Red Cross the children sometimes find a journey's end that reminds them of the fairies.

Food Value of Fish

Extensive Use Recommended by Department of Agriculture

Further evidence that fish deserves a place in every diet was obtained from a recent series of digestion experiments in the United States department of agriculture. These tests furnished scientific proof that fish, which has always been reckoned as a valuable food, is very completely utilized in the body.

In the experiments Boston mackerel, butterfish, salmon and grayfish—a variety not generally used in this country—were made into "fish loaves" and served as a basis of a simple mixed diet to young men of healthy appetites.

Both the protein and the fat of the fish were well utilized. Following are the percentages of protein digested: Boston mackerel, 93.1 per cent; butterfish, 91.9 per cent; grayfish, 92.8 per cent; and salmon, 93.2 per cent. The percentages of fat digested were found to be: Boston mackerel, 95.2 per cent; butterfish, 86.4 per cent; grayfish, 94.3 per cent; salmon, 93.7 per cent.

In addition to the fish loaf, the diet included potatoes, crackers, fruit, sugar, and tea or coffee. On the average the subjects each day ate 440 grams of Boston mackerel, 471 grams of butterfish, 440 grams of grayfish, or 355 grams of salmon, indicating that in every case the fish was eaten with relish.

The department recently has concluded an investigation of the commercial freezing and storing of fish, and a bulletin on that subject says that this method of preserving fish will hold them for many months in the condition in which they were received, but will not counteract deterioration due to previous heating or mishandling. Chemical analysis shows no significant changes in frozen fish held for 27 months—much longer than would be necessary or profitable in storing fish commercially.

To the Point.

Some music has charms that would drive a savage to drink. Injustice often puts a man on the back while justice kicks him.

A woman often says: "It's no use talking"—but she never means it.

Some would be more likely to take hints if they could pawn them.

Any chronic borrower soon begins to wonder why every one he knows is broke.

Moonlight Work in Gardens.

A new type of garden laborer, known as the "moonlighter," has appeared in the suburban country districts of England, owing to the shortage of general laborers. The moonlighter is a worker who is employed all day, but who is willing to earn a little extra money by working during the moonlight nights in the gardens and allotments. His is the only sort of labor that the suburbanites can now employ in the digging and sowing of the vegetable plot which every suburban householder regards as an essential part of his household.

POULTRY CONVERT WASTE INTO FOOD

(By the United States Department of Agriculture.)

The central thought to be borne in mind in considering the growing of more poultry as a war necessity is the fact that the keeping of poultry is a means of converting into good food materials that cannot be utilized by man, that cannot be eaten by any other kinds of stock, and that, without the poultry, would be absolute waste. Very clearly, it becomes a national as well as an individual duty to keep enough poultry to take up all such waste materials. As long as fowls take the bulk of their feed from such sources and require to be fed on grain or other garnered feeds only as a finishing process, additional food is being created.

Careful planning must be done, of course, to insure the utilization of as many kinds of waste materials as possible and to avoid overstocking with any one kind of poultry that would not be fully fed from the particular kinds of waste which it eats and would, therefore, require to be largely fed from garnered materials.

Chickens, in any general scheme of poultry production, of course, must take first place. They are best adapted to general conditions, take a wide range of feeds and convert them, perhaps, with the greatest margin of profit. Chickens, better than any other class of poultry, utilize table scraps and the general run of waste from the kitchen door, all the way from apple and potato parings to sour milk. Chickens far surpass all other kinds of poultry in salvaging waste grain from the stables, from the shed or lot where the cattle are fed, and from hog pens. During the winter months, on farms where any considerable number of live stock are kept, the 100 hens suggested would make their living from these sources with only slight additional feeding from time to time. Chickens are great destroyers of insects, including many injurious forms, in yard, pasture, and orchard. They utilize, also, many grasses and weeds, and seeds from the same, that would otherwise be of no use. Except in isolated instances, the part of wisdom would be, undoubtedly, to keep more chickens than all other kinds of poultry combined, but there should be, in a majority of cases, some of all the other common kinds of poultry.

New Grader Is Marvel.

A remarkable grading machine, which, it is claimed, does the work of 125 men, cutting a smooth path 5 feet 7 inches wide and as much as 2 feet deep, is now being built to order for large contractors. Because it will rip out old macadam or moist clay about as easily as gravel, it practically standardizes grading costs, at the same time affording much needed relief from conditions caused by the labor shortage.—Popular Mechanics Magazine.

World's Tallest Tree.

The tallest of California's big trees is 325 feet in height, but among the great gum trees of Australia many specimens are more than 400 feet in height, and one which was felled in southeast Australia measured 471 feet—the tallest tree on record, says Popular Science Monthly. Gum trees grow very rapidly.

Simple Remedies That Will Rid the Living Rooms and Offices of All Cockroaches

The nuisance of roaches in offices and living rooms of houses can be reduced, if not removed entirely, by the elimination of all attractive substances, according to the United States Department of Agriculture.

Roaches will not frequent rooms unless they find some available food material, and if such materials can be kept from living rooms and offices or scrupulous care exercised to see that no such material is placed in drawers where it can leave an attractive odor or fragments of food, the roach nuisance can be largely restricted to places where food necessarily must be kept. In such places the storage of food material in insect-proof containers or ice boxes, together with thorough-going cleanliness, will go a long way toward preventing serious annoyance.

Roaches as household pests may be controlled by the use of various poisons, repellents, and fumigants, and by trapping. The more efficient of these remedies are powders, particularly sodium fluoide, a liberal dusting of which about the infested premises furnishes an efficient means for the elimination of these pests. Also one part powdered borax and three parts finely pulverized chocolate sprinkled freely about infested premises.

Cockroaches are the commonest and most offensive of the house pests. Four kinds are often found in houses, offices, etc. These are, the American roach, a native insect; the European or Oriental roach, known in England as the black beetle; the Australian roach; and the little German roach, commonly known in this country as the Croton bug.

Germany Has Pledged to Let Both Military and Civilian Prisoners Have Home Help

Through the Spanish ambassador at Berlin arrangements have been made whereby American prisoners in Germany, both civilian and military, will be allowed to receive money from home. They will perhaps not receive actual cash, but will probably be given credit on prison exchanges.

A. (1) Sixty marks (about \$15 at normal exchange rates, but probably considerably less now) may be spent weekly by officers and others of similar rank; (2) 50 marks weekly (about \$12) by noncommissioned officers and privates.

B. Civilian prisoners—(1) Sixty marks weekly "for men of better social positions;" (2) 50 marks weekly for others.

The note of the Spanish ambassador says: "With a view to obtaining particular articles the prisoners are allowed at any time to draw on their credit."

All money sent interned civilians or prisoners should be remitted through the Bureau of Prisoners' Relief, American Red Cross, Washington, D. C. Remittances should be checks, drafts or postal money orders, made payable to the American Red Cross. That organization will do its best to get the remittances through but cannot guarantee delivery. Thus far it has had pretty good success, and such American prisoners as have already or may hereafter become German prisoners will most certainly need all the help they can get to make their lives bearable.

MARCH OF THE DEFENDERS

Oh, knights of hope and Spring-tide marching, marching,
When shall you wear the flowers again, and not the blood-stained thorn?

Oh, young and dear, who come to idly the splendor of your life away,
We know not what immortal bloom from your brave dust is born!

For hark! a sound of marching—marching, marching—

We hear the thunder of the steps of Michaels' host in Heaven;
The Force which struck the fiery Star that kindled to a lurid bar,
And fell as a red meteor when the morning clouds were riven.

And they shall come—the gallant dead—to meet us, marching—

The souls that made of earth's dark wars a golden memory.
The Maid of France shall ride again, grave captains at her side again,
And Nelson's spirit on the wave shall call to victory.

Oh, hosts of light, that strive and die,—oh, great ranks, marching,
Still hold aloft the deathless rose, your hope of years to be!

Where ruin marked the steps of wrong, again the Spring shall break in song,
And valiant lilies, white and red, shall flower from sea to sea.

—Marion Couthouy Smith of the Vigilantes.

Capital Punishment.

Five states have abolished capital punishment and have life imprisonment as the penalty for murder, viz: Kansas, Maine, Michigan, Minnesota and Rhode Island. The following states have adopted electrocution as the mode of punishment, viz: Arkansas, Indiana, Kentucky, Massachusetts, Nebraska, New Jersey, New York, North Carolina, Ohio, Pennsylvania and South Carolina. In the states not named above hanging still prevails.