

Women Urged to Help On Farms

Assistant Secretary of Agriculture Says They Should Not Try the Heavier Tasks.

We have not yet reached the point where it is necessary for the women generally to undertake heavy work on the farms, but they can render important service in helping to produce big food crops this year, especially in connection with the lighter farm tasks. This was told by Clarence Ousley, assistant secretary of agriculture, in an address to the women's committee of the council of national defense, meeting in Washington.

"I can imagine no finer thing," said Mr. Ousley, "for a city woman to do in this war emergency than to go to the farm for the harvest or for some other period of labor strain to help her country sister bear the burdens of kitchen and farm."

"There are thousands of men in the towns and cities doing things that women can do as well. There are men cooks, men waiters, men clerks, men bookkeepers, whose places might well be filled by women."

"I will despise American manhood if the great body of our men permit our women to be drafted for the hard tasks of agriculture until we have sent every able-bodied creature in breeches to the trenches or driven him to the fields, but women are to be encouraged, so far as their physical condition will permit or the circumstances surrounding them will advise, to engage in the lighter tasks of the farm, particularly in dairy work, in vegetable cultivation and in fruit harvesting."

Mr. Ousley praised the services of the 1,700 women home-demonstration agents who are spreading the teachings of the department of agriculture and the co-operating state colleges, and paid tribute to the six or seven millions of farmers' wives who "are doing a man's share of agricultural production and conservation."

"I have seen them," he said, referring to the farmers' wives, "hoeing in the hot sun while their babies lay in the shade of near-by trees. They are truly, and to the limit of their strength and their marvelous patience, the help-meets of their husbands."

Sugar Must Be Saved

Helps to Make Up the Shortage Among the Allies

If any man has failed to see the reason why he should cut his plentiful apportionment of two spoonfuls of sugar to the one of war time, he can find it in a recent publication of the United States department of agriculture explaining the world-wide shortage—especially the shortage among the allies—in the supply of sweets.

Not only has the supply of sugar in some parts of the United States been short, but there has been an actual shortage of more than 2,000,000 tons annually in the world since the war began, and the shortage is likely to continue, the publication says, primarily because of the destruction of a large number of sugar mills and the devastation of a considerable area of sugar-producing lands in Europe.

Prior to the war practically all the belligerent countries, with the exception of the United Kingdom and Italy, exported sugar, the total amount being upward of 3,000,000 tons. War, however, has changed the sugar-production map and at the same time has shifted the channels of trade. In 1918 it is estimated that the allies must import a minimum of 1,200,000 tons of sugar.

Formerly the United Kingdom and France depended to a considerable extent upon Germany, Austria-Hungary, Belgium and Russia for sugar. These sources were shut off by the war. The United Kingdom alone thus lost the source of more than half of her normal supply of sugar and has turned to new as well as other old sources for her supply. The changes thus brought about have been largely a diversion of the product of Mauritius to the United Kingdom instead of to India, and an expansion of the imports of unrefined sugar from Cuba, the Philippines and Peru. For refined sugar she drew upon the United States and Java. However, the allies cannot turn to such exporting countries as Java and Mauritius without being forced to go to a much longer distance and over a more perilous route than across the Atlantic. If the allies are compelled to go to these countries it will require an extra amount of shipping which is needed for transportation of American soldiers and supplies to France and England.

Russia's exports practically ceased in 1914, and she is now reported as somewhat short of sugar. Italy's crop decreased last year and her imports have increased largely since the war began. Italy's consumption, however, is small and her deficit is not serious.

Science Notes.

A new lawn mower cuts grass with a circular blade that revolves horizontally.

Except along the Caspian sea coast, agriculture in Persia is dependent upon irrigation.

Europe's largest turbine is a 15,000 horse power affair installed by a Swiss hydroelectric plant.

A company is being formed in Sweden for the production of oil and by-products from native shale.

Potatoes Go Well With Meat.

Meat and potatoes are a good food combination, and may be a better diet than bread and meat, according to the United States department of agriculture. At this time when a plentiful supply of potatoes makes them cheap, and when wheat and flour should be saved, we should use potatoes instead of wheat. Potatoes at a dollar a bushel are as cheap as bread at ten cents for a pound loaf, even when the cost of cooking is added.

THE CUP OF LIFE

Of all the vintage in the world
One single cup of wine,
One cup of life, one cup of death,
One destiny is mine.

I'd not give up that special cup
My fates have poured for me,
For any other in all time,
Nor all eternity.

For in my time, and in my place
No foot has stood before,
My taste of fortune fine or base
No lips can know of, more.

So might I choose, I would not lose
For nectar'd draughts divine
This deep-splendored vintage here and now,
In mine own place and time.

Mine be the strength to lift it up
In pride: drink full and free.
And, standing, drain the mortal cup
My fates have poured for me.
—Edith Franklin Wyatt.

Cheaper Foods Are Made More Appetizing If Care Is Used in Preparation

Proper attention to cooking and seasoning will make appetizing dishes of the cheaper yet nutritious foods. According to the U. S. department of agriculture, it will increase greatly their consumption and thus reduce considerably the use of more expensive foods now eaten in place of them.

Many housewives who complain that children and adults will not eat breakfast cereals fail to realize that the cereals they serve may be undercooked, scorched, or improperly seasoned and thus made unpalatable. Most of the cheaper foods require careful seasoning and preparation to be fully appetizing.

Vegetables properly prepared tempt the appetite. When they are soggy or poorly seasoned, much of them will be left on the table.

The quality and flavor of meat or fish can be injured by overcooking or improper cooking. If fats are allowed to burn even a little, they develop unpleasant flavors; if this happens in making gravies and sauces or in frying, the food will usually not be eaten; burned meat is also disagreeable and so are burned vegetables.

Mother's Cook Book

No matter how beautiful the house, or how exquisite the furnishings, if pure air does not circulate in every room, the family suffers.

Let's Have a Picnic.

These people who think of the discomforts and inconveniences of a picnic which so overbalance the pleasure of getting out into the glorious woods, are better left at home for they do not make cheerful companions. Pick your picnic lovers so your joy may be unalloyed.

Careful planning is necessary to eliminate unnecessary weight unless there be plenty of conveyances to share the burden. The fewer washable dishes will appeal to those who have this in charge, as important. Plates, cups, and napkins of paper may be obtained at small cost and they may be burned before leaving, as every true picnicer will see that he leaves no rubbish to annoy the next group who follows his party.

When a fire is to be built, which is half the fun of a picnic, a piece of sheet iron which may be used on four stones for a support, will make a fine stove, with the fire underneath.

Potatoes may be roasted, sweet corn and onions, if desired, all in the ashes. Do not peel the onions or husk the corn when roasting.

The salad and salad-dressing may be carried in fruit jars. Stuffed eggs, wrapped in squares of tissue paper fringed on two ends, twisted to look like bonbons, are attractive.

Ferns and wild flowers are to be found to make pleasing centerpiece. Lemonade, all sweetened ready to add the water may also be carried in a Mason jar.

If there is no place to build a fire, a few thermos bottles will carry the coffee. They are also useful to carry cold drinks.

Sandwiches, of course, will be provided in quantity, for the appetite is very elastic when out in the open.

Fresh fruits of various kinds in season, with small cakes, make a dessert which is very satisfactory.

A dessert which is not hard to provide and which is very delicious is this: Provide sufficient sponge cakes and carry a jar of whipped cream sweetened and flavored. Cut open the cakes, scoop out the centers and fill with the cream. There are never any left. In strawberry season a few mashed berries added to the cream is a pleasant change.

The outing has lost its main object if any have been overburdened in its preparations.

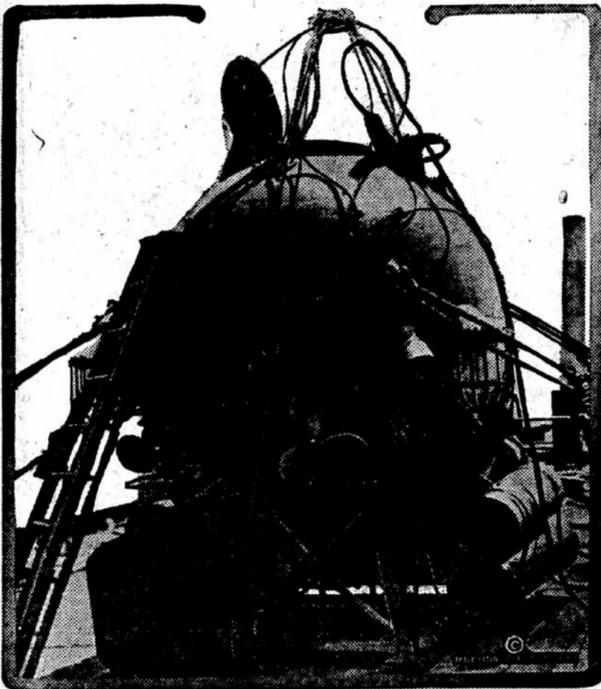
Nellie Maxwell

Draft Riots of 1863.

The so-called "draft riots" occurred in New York city during the Civil war. In July, 1863, pursuant to orders by the national government, a general draft was begun to reinforce the army. At the commencement of proceedings a great riot broke out in New York city and for three or four days raged uncontrolled. Buildings were burned, stores and houses were looted, colored persons were killed on sight and anarchy prevailed until troops arrived and restored order. A thousand persons were killed and injured.

Diving Bell to Raise Treasures of the Deep

Wonderful Submarine Is the Invention of W. D. Sisson, an American Engineer



Millions and possibly billions of dollars worth of treasures now lying on the ocean floor in sunken ships may be regained to the world by the "cannon ball." The great diving bell has just been completed and is now being tested. It resembles a cannon ball, a giant sphere, eight feet in diameter. The shell is made of tough vanadium steel, one and one-fourth inches in thickness and weighs, with the machinery inside, six tons. The submarine works by maneuvering huge steel pontoons alongside a sunken ship, bolting the pontoons to the vessel and thus releasing the mechanism which pumps the pontoons free of water and raises the sunken ship. The largest pontoons are 40 feet long and 15 feet in diameter, and have a lifting power of 300 tons each.

Two operators form the crew of the diving bell and they work in normal atmospheric conditions because of an oxygen tank on top of the sphere. The air supply will last for 72 hours without being replenished. The supporting cable and all electrical and telephone wires are carried in an insulated cable, which is strong enough to support 56 tons.

Two propellers and a rudder give the ball lateral movement and two propellers send it up and down. These propellers push the ball through the water at two miles per hour.

In front of the ball are four 3,000 candle power nitrogen lamps, covered with a steel net, and a two-inch glass, to light up the hulls of the sunken ships. Near each light is a lookout lens four inches in thickness. On the front are huge magnets, which draw the ball to the hull of the sunken vessel.

KEEP POULTRY IN BACK YARD

The department of agriculture has a campaign in full swing for the establishment of small flocks of poultry in back yards of city or suburban dwellings. In every household, no matter how economical the housewife, there is a certain amount of table scraps and kitchen waste which has feeding value, but which, if not fed, finds its way into the garbage pail. Poultry is the only class of domestic animals which is suitable for converting this waste material, right where it is produced in the city, into wholesome and nutritious food in the form of eggs and poultry meat.

Though the value of the product from each city flock is small of itself the aggregate is large. A small flock of hens, even as few as six or eight, should produce eggs enough, where used economically, for a family of four or five persons throughout the entire year, except during the molting period of the fall and early winter. By the preservation of surplus eggs produced during the spring and early summer this period of scarcity can be provided for. The keeping of pullets instead of hens also will insure the production of eggs. Not only will the eggs from the home flock materially reduce the cost of living, but the superior freshness and quality of the eggs are in themselves well worth the effort expended. Eggs are a highly nutritious food and are so widely used as to be almost indispensable, and an occasional chicken dinner is relished by everyone.

Where conditions render it feasible and cheap small flocks of poultry should be kept to a greater extent than at present by families in villages and towns and especially in the suburbs of large cities. The need for this extension of poultry raising is particularly great in those sections where the consumption of poultry products exceeds the production, with the result that prices are high.

Business Before Pleasure

Never before did so many Americans spend so much money in Europe, or for such a good purpose.

Silence is usually the best asset of a good-looking woman. Wonder if the cannibals were informed of the dates of meatless days.

It is always hazardous for an unattractive woman to shoot her husband. The man who eats garlic can always attract attention if not fame.

Boy Scouts' Duty in the Great War Garden Movement

The food production and garden campaign of the Boy Scouts of America is well under way, says Boys' Life, the boy scouts' magazine. Every scout, and indeed every troop and every local council, according to reports, is definitely interested in some way. This year every scout is asked to be responsible for securing one adult to agree to work with him on the scout's individual garden or on the troop garden or on the local council garden. The adult might be a scout's father, his brother or his sister's best fellow, his uncle, or indeed any man who will faithfully stick to the job until the crops are harvested.

Home-Grown Sweet Corn Is Best—Good Advice on How To Grow Your Roasting Ears

To have sweet corn at its best, says the U. S. department of agriculture, it should be on the fire within 15 minutes after being pulled from the stalk. It loses quality very rapidly after being picked because its sugar changes into starch. This is a fine argument for having this crop in the home garden, if space will allow. Those who wish to grow their own roasting ears will find the following advice useful:

Corn does best in a fertile soil, but is able to adapt itself to all textures from sand to clay. To grow it in sufficient quantities for the average family requires more space, however, than for most garden vegetables. It should not be planted until after danger of frost is past.

The rows should be spaced not closer than three feet apart, and for the larger-growing late varieties the distance had best be three and one-half feet. Stalks should be thinned to stand from 15 to 18 inches in the row. In planting, the seed is covered with one or two inches of soil. Cultivation must be thorough, frequent, and shallow.

It is possible to use the ground occupied by early corn for a fall planting of such crops as spinach, turnips, and kale. Large, late varieties of corn, however, will occupy the ground for practically the whole season.

Accidents Can Be Avoided by Observing Safety Rules

Statistics show that in the United States during the year 1918 there were approximately 50,000 fatal accidents and 600,000 serious injuries, says the Magazine of Safety. One-half of this enormous number have been classified as accidents occurring to employees of the manufacturing industries and public service companies throughout the country—50 per cent of which would have been avoided if workmen had not been careless, while another 25 per cent may safely be attributed to thoughtlessness. Needless accidents can only be eliminated by everyone practicing the rules of safety at all times and in all places.

Fecundity of Bacteria.

"Bacteria reproduce with almost incredible rapidity," says George W. Hunter in "A Civic Biology." It is estimated that a single bacterium, by a process of division called fission (dividing itself into two parts) will give rise to over 16,700,000 others in 24 hours. Under unfavorable conditions they stop dividing and form rounded bodies called spores. These are exceedingly difficult to injure or destroy.—Popular Science Monthly.

Fireless Cooker and How to Get Best Results From Use of This Convenience

(Prepared by the United States Department of Agriculture.)

The time which each kind of food should stay in the fireless cooker depends both on the nature of the food and on the temperature at which it remains inside the cooker, and before recipes for use with the fireless cooker can be prepared one must have some means of knowing how temperatures are preserved in it. In experiments made in the office of Home Economics a 6-quart kettle was filled with boiling water and put into the cooker, the packing of which happened to be newspaper. The temperature of the water, which was 212 degrees F. when put into the cooker, was found to be 172 degrees F. after four hours had elapsed and 155 degrees F. after eight hours had elapsed. This shows the advisability of the common custom of allowing food to remain undisturbed in the cooker for at least six or eight hours, or in some cases overnight. If a soapstone, hot brick, or other extra source of heat is used, less time will be required. Materials which are denser than water (sugar sirup as used in cooking dried fruit), and therefore can be heated to a higher degree, will keep up the temperature longer when put into the cooker. Thus the density of the food material, as well as the amount and the length of time that the apparatus retains the heat, must be taken into consideration in determining how long different materials must be cooked in the cooker.

The recipes for dishes to be prepared in the fireless cooker differ somewhat from those for foods cooked in the ordinary way, chiefly in the amount of water or other liquids called for. Less liquid should be put into the food to be prepared in an ordinary fireless cooker, since there is no chance for water to evaporate. The cook must be guided largely by experience in deciding how long food should be heated before being put into the cooker and how long it should be allowed to remain there.

JUST FOR FUN

Time Is Money.

"You are charged with speeding. What is your defense?"
"My boss says that time is money. Tells me to hit 'er up."
"Time is money," assented the judge. "Ten dollars."

Very Much Tried

Bacon — Were you ever tried by a jury?
Egbert — Oh, yes; I served on one once, and none of the stubborn men would agree with me!

What Detained Him.

"You seem to be later every morning," said the manager.
"Yes," replied the meek-looking man; "my wife seems to add a few more buttons to the back of her waist every day."

Not for That Reason.

The electrical expert was breaking in a green man.
"Never touch the wires with your bare hands."
"I see. Everything sanitary."

Charm of the Impromptu.

"What's your mule's name?"
"He hasn't got any reg'lar name. It sort o' keeps us both interested for me to think up what to call 'im as the provocation arises."

Half Started.

June—Then you think he hasn't the nerve to propose?
Jane—Yes; asking pa's income and ma's disposition and my age seems as far as he dares to go.

Accidents Can Be Avoided by Observing Safety Rules

Statistics show that in the United States during the year 1918 there were approximately 50,000 fatal accidents and 600,000 serious injuries, says the Magazine of Safety. One-half of this enormous number have been classified as accidents occurring to employees of the manufacturing industries and public service companies throughout the country—50 per cent of which would have been avoided if workmen had not been careless, while another 25 per cent may safely be attributed to thoughtlessness. Needless accidents can only be eliminated by everyone practicing the rules of safety at all times and in all places.

Fecundity of Bacteria.

"Bacteria reproduce with almost incredible rapidity," says George W. Hunter in "A Civic Biology." It is estimated that a single bacterium, by a process of division called fission (dividing itself into two parts) will give rise to over 16,700,000 others in 24 hours. Under unfavorable conditions they stop dividing and form rounded bodies called spores. These are exceedingly difficult to injure or destroy.—Popular Science Monthly.