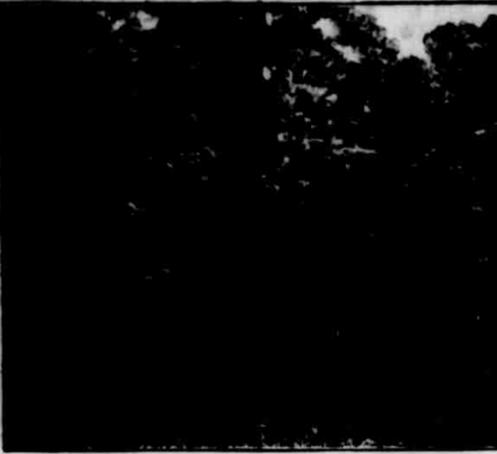


WASHING STEALS MUCH FERTILITY



HARDY FOREST TREES PREVENT SOIL EROSION.

Soil washing by heavy rains is probably the most important cause of the loss of soil fertility on rolling upland farms. The amount of this loss is difficult to measure accurately. Figures obtained at the Missouri College of Agriculture at Columbia during the last two years indicate that as much as 5 per cent of the really fertile soil may be lost in one year on a gently sloping field if the surface is left bare. This means that continuous cultivation for one generation may result in the loss of all the fertile soil on even gently rolling land unless some measures are taken to restore it. On steeper lands the loss is much more rapid.

tion of the soil resulting from the removal of organic matter and the inconvenience caused by ditches in the fields are to be noted. The farm practices that cause excessive erosion are continuous cultivation, shallow plowing, furrowing with the slopes, leaving the land bare in winter, neglect of gullies and the exhaustion of organic matter. Practices tending to control erosion are systematic rotations containing fewer cultivated crops and more hay and pasture crops, the gradual deepening of soil by occasional deep plowing, the use of barnyard and green manures, winter cover crops such as rye and wheat, and prompt attention to gullies and ditches. Terracing and contour farming are coming into favor as preventive practices as lands increase in value. Tilling poorly drained sloping lands such as spouty hillsides, helps by opening up the subsoil and carrying part of the water off through the tiles. As lands increase in value reclamation becomes profitable. Steep, badly washed hillsides may be set to hardy forest trees. Small ditches may be filled with litter and soil and seeded down to grass. Large ditches may be filled by obstructing with brush and coarse litter staked and weighted down, by planting willows, or by specially constructed dams protected by the soil that most of the water passes under the dam while the sediment is deposited in the ditch.

VALUABLE CATCH CROP

Fox-Tail Millet Useful to Overcome Shortage in Hay.

Admirably Adapted to Wide Range of Soils and Climates—More Effective Than Prairie Hay as Roughage for Stock.

(Prepared by the United States Department of Agriculture.) Fox-tail millet, which makes up approximately nine-tenths of all the millet grown in the United States, is valuable chiefly as a catch crop. Most farmers use it to overcome a shortage in their hay supply or to occupy a field which would otherwise be idle. For such purposes millet is admirably adapted because it matures quickly and a stand is obtained with ease and certainty.

This millet is adapted to a wide range of soils and climates. On poor soil or in a dry climate it does better than most other hay crops. In semiarid regions it frequently escapes periods of drought because of its short growing season. On the other hand, it is quick to show the effect of dry weather because of its shallow root system. Compared with sudan grass, its chief competitor, millet is deficient both in quality and yield of hay but the growing season of sudan grass is somewhat longer, and this provides greater opportunity in the latter for injury from drought. Millet is not to be regarded as a profitable constituent of crop rotations as it appears to be more exhaustive of soil fertility than small grains or corn.

In its feeding value, the hay of fox-tail millet has been found to be approximately the same as timothy hay. As a roughage for growing stock, it is usually regarded as somewhat more effective than prairie hay, but not the equal of alfalfa or clover hay. It can be fed without danger to cattle and sheep, and sparingly and in connection with other kinds of hay to horses. A continuous ration of millet hay, however, has resulted in injury to horses. It is quite likely that there will not be a great demand in this country for the grain as long as wheat can be produced as abundantly as at present. When fed as grain, millet seed should always be ground.

GREAT DEMAND FOR PEANUTS

Large Quantities Are Being Used in Making Candy, Etc.—Ready Market for Peanut Oil.

The demand for peanuts is steadily increasing. Great quantities are used in making candies, peanut butter, etc. There is also a ready market for peanut oil. One bushel of Spanish peanuts will yield 20 pounds of cake and hulls (an excellent stock feed) and one gallon of oil.

Solving Knotty Problem.

The farmer who has found a method for shortening his hours or condensing them so that he finds several hours of leisure in each day rather than diffused between jobs a minute long each, has solved a knotty problem.

Runtly-Pig Ration.

An excellent runtly-pig ration is ten parts of corn, ten parts of buttermilk, and one part of tankage. Both buttermilk and skim milk are ideal feeds to give in connection with corn to hog.

Health: Keystone of the Arch of Genuine Preparedness

By DR. SAMUEL G. DIXON, Commissioner of Health of Pennsylvania.

The perfect manifestations of life can only be had with a harmonious performance of all the functions of the body. This is so from the lowest forms of life up to the complex and wonderful creation of man.

Now when we are confronted with war and its accumulated horrors, we must use every effort to throw off the insidious hold it gradually gets upon our nervous systems, destroying the harmoniousness of the vast number of active little cells that go to make up our physical and mental bodies.

If the balance and harmony are once destroyed, our digestion weakens and this robs the body of nourishment, which is followed by general loss of strength. The heart muscles consequently suffer and weaken, and when this pump fails to send the exhausted blood cells through the lungs for purification and recharging, the physiological process fails in its purpose.

The break-up of the general balance and harmony causes the body to lose its resistance to disease germs. The result is general weakening of the individual, and often death, neither of which we can afford at any time, let alone in time of war, when every preventable measure must be taken to guard against the inroad of disease.

Today we cannot help but feel our great responsibilities and make sacrifices for that which has given us our national pride and freedom. We must, however, at the same time be careful not to break up unnecessarily the harmony of our social and other every-day occupations.

The greatest measure to help us carry our burden during war is to keep busy in some well-directed path of work that will produce those things most essential to a successful warfare and turn our minds from those horrors that otherwise would break up our nervous force.

If war becomes long-continued, it may be that a revolutionary state may occur, where our occupations will have to be changed: giving up the easier ones to the weak, and shifting those that are more laborious to the strong. These changes, however, at the present time can be effected more easily than ever before in the history of the world, because of the many kinds of modern occupations which permit of selection to accommodate those of different capabilities. Whatever may be the disturbance, we must keep busy. We must not think too much of "what might happen" and keep it ever before us, destroying that balance and harmony necessary for health.

SOME SMILES

"I do not understand why you wish to sell such a valuable lot when the price is bound to increase," said his adviser.

"Ah, but it is absolutely necessary. I'll have to apply the money as a partial payment on my wife's new shoes."

One of the Reasons. She had just been shown through the prison. "I don't wonder," she said with a sigh, "that so many of us have to remain old maids when they keep shut up from the world so many handsome and bold men."

For Bigger Crops. "My wife made a suggestion last night."

"What?" "To relieve the scarcity of potatoes this year, she said that instead of planting them in hills they ought to be planted in mountains."

The Way of It. "Do you always give your wife her own way?"

"No." "How do you manage it?" "I don't. She takes it."

Not Knocking at All. "I wanted to talk to you yesterday."

"Why didn't you call me on the telephone?" "It wasn't important enough for me to go to all that trouble."

National Misunderstanding. American Heiress—How do you like my new gown?

English Friend—It's ripping. American Friend—Oh, where?

Quite Correct. "The man you see walking yonder is the author of our most popular standard works."

"Indeed! What has he written?" "Nothing. He makes flags."

True. "Do you know anything about golf?"

"Only this. That when my husband's golf is bad, so is his disposition."

LITTLE BIT OF EVERYTHING

France is to extend civil rights to women.

The Carnegie Foundation is now paying allowances to more than 300 retired teachers, and 85 pensions to widows of teachers.

The British museum has a copy of the first directory ever published in the English language, a very rare book, which appeared in 1555.

Advisors—extensive tests French experts decided that modern violins were equal in tone to, if not better than, old ones of marvelous reputation.

During the last two years United States forest officers have killed nearly 9,000 predatory animals, more than three-fourths of which were coyotes.

For retail dealers there has been invented a machine that will take coal from a pile and pour it into bags for handling at a rate of 25 tons an hour.

It is estimated that there are probably 1,500,000,000 cents and 500,000,000 five-cent pieces adrift in the United

Nuts Make Good Substitute For Meat in the Diet, Says Domestic Science Expert.

The food value of nuts is usually underestimated. Nuts are rich in both protein and fat and may be used as a meat substitute in the diet, according to Miss Alice Skinner, instructor in domestic science in the Kansas State Agricultural college.

"Nuts should be regarded as a staple article of food whose constituents are in a concentrated form," said Miss Skinner. "In using nuts as a meat substitute it is best to combine them and some starchy food of considerable bulk with a milk sauce. When they are used in bread or in combination with vegetables and salads they should be finely ground to make the constituents more easily digested."

"Nuts that are most available on the average market are peanuts, black walnuts, English walnuts, chestnuts, pecans, Brazil nuts, and hickory nuts. These nuts are found on the market in several different forms principally as nut meats, nut oils, nut meals, and as blanched and white nuts."

"Nuts should be included in the diet at least once or twice a week for adults, but should be used sparingly in the diet for children because the food is in such concentrated form. They may be used in both cooked and uncooked dishes—salads, candies, breads, cakes, custards, puddings, and baked dishes."

Mum. "An open mind," began the would-be philosopher, "is generally in partnership with a closed mouth."

EXISTENCE

By GEORGE MATTHEW ADAMS

Life in itself is a wonderful affair. As Tagore, the poet of India, puts it—"Life is immense." But until you come to a sense of unusual appreciation of what Life and its gifts of Joy represent, for you Life is but a mean Existence.

Live! To each of us is accorded to some degree, small or great, the wonderful Power of Choice. And to him who Chooses most, to him most Comes. Scattered throughout Time and Place, extending into the Here and Now, are the Limitless Inspirations, Examples and Opportunities that ever offer of what they have—personally, for you, to use in making up what must be your Ideals and Entire Success.

Live! Let no minute of the Active hours of your day find your eyes closed to the Free and Waiting Gifts that belong as much to you as to the poorest of the greatest. The real Joy of Living—which being interpreted, is to Love and Act and Give, is a part of Existence, Common to all, but it is far more, immensely far more, than sordid Existence. It is to LIVE.

Live! States, or an average of 12 pennies and five nickels for each person.

The French model shoe is narrower than any other of the allied army boots, and the construction can best be described as peculiar. The predominant sizes are eights, nines and tens.

Wine tasters, employed in their professional duties, never swallow the wine they taste. They merely hold a sip of the beverage in the mouth for a few moments and breathe through the nostrils.

Great fog penetrating power is claimed for a new French incandescent light with greenish-yellow glass in front; and backed by a reflector that reflects enough heat to prevent moisture collecting on the glass.

Advice Old but Still Good. Cato recommended that the soil of a farm be good and fertile; also that near it there be plenty of laborers and that it be not far from a large town, moreover that it have sufficient means of transporting its produce, either by water or land. This advice, although 2,000 years old, still holds good.

NEW THINGS UNDER THE SUN.

India's railroads are experimenting with all steel cars because of the advance in cost of tank, the wood generally used.

Introduction of electricity for power in South Africa gold mines has reduced the amount of tuberculosis among the miners.

Fifty-five miles in five hours is the remarkable record recently established by Siberian huskies drawing a sledge over ice.

Hinges patented by a Texas inventor enable a door to be hung so closely to its frame that no cracks remain to pinch fingers.

Press buttons, similar to those used for fastening gloves, have been invented for holding carpets on floors or tapestries on walls.

The entire front axle, wheels, driver's seat and battery box turn in steering a new low motor truck designed for carrying heavy loads.

Bridge gates invented by a Boston man are expected to bring vehicles or street cars that strike them to a gradual stop without injury.

Gelatin golf tees have been invented, the idea being that they soon are dissolved by the atmosphere and will not litter up a golf course if forgotten.

A tool composed principally of flexible, rubber-covered fingers has been invented for removing and inserting electric light bulbs in sockets difficult to reach.

To permit the outside of windows to be washed by persons inside rooms is the purpose of a recently patented wire frame into which cloths can be clamped.

A check protector patented by a Californian that both prints upon and perforates paper resembles a pocket cigar lighter and can be carried in a vest pocket.

German experts have succeeded in sending wireless messages through the earth between mines 1,900 feet deep and a mile and a half apart.

A transparent shield to be fastened to one side of an umbrella has been patented to enable a person to see where he is going in a driving rain.

First Submarine Mine. The torpedo, or submarine mine, is now the most efficient form of harbor protection. The idea seems to have first occurred to an Italian engineer named Gianbelli, who in 1858 destroyed a bridge across the Scheldt, at Antwerp, by sending against it a boat loaded with gunpowder, set off by a clockwork arrangement.

Under Adverse Circumstances. "How many people were in the city at the time it was overwhelmed by the flood?"

"That was hard to estimate on account of the large floating population."

Mother's Cook Book

Inexpensive Dishes.

When an emergency arises with but half enough meat to go round, mix it after chopping fine with equal parts of cooked rice, one small onion chopped and one green pepper. For each pint add a cupful of canned tomato. Season well and add gravy for moisture and a tablespoonful of butter. Cover with crumbs and bake.

Sour milk can be used for so many delicious foods, spice cakes, doughnuts, griddle cakes, waffles, steamed bread and biscuits. Surely one may find some dish among these to utilize the sour milk.

Sour cream with small green onions sliced into it, salt and pepper added, is one of the most appetizing of salads.

Children like bread, buttered, sprinkled with cinnamon and sugar and browned in the oven. This may be used with a cupful of tea when other cakes are lacking.

Crumb Bread. When one has an accumulation of bits of bread left from sandwiches or when entertaining, dry them thoroughly and put them through the food chopper. Dissolve a half a yeast cake in a half cupful of water, add two cupfuls of warm water, a tablespoonful of shortening, a cupful of graham flour, a teaspoonful of salt, a cupful of white flour to make a very stiff dough. Let rise, cut down, then, when risen, place in the tins, let rise again and bake.

Corn Bread Country Style. Sift together three-fourths of a cupful of corn meal, half a cupful of flour, one-fourth of a cupful of sugar and half a teaspoonful of each of salt and soda. Beat one egg, add a cupful of thick sour cream or a cupful of buttermilk or sour milk and three table-spoonfuls of melted shortening and stir into the dry ingredients. Bake in a shallow pan about 25 minutes.

Delicate Muffins. Sift together one cupful and a half of pastry flour, two and one-half teaspoonfuls of baking powder, half a teaspoonful of salt and one-third of a cupful of sugar; add three-fourths of a cupful of milk, three tablespoonfuls of melted butter and mix well. Bake in hot, well buttered, iron pans about 25 minutes.

When a man has reached the point where he can see no good on this earth it is time for him to get off.

USE ALLEN'S FOOT-EASE. The antiseptic powder to be shaken into shoes and sprinkled into the foot-bath. It relieves painful, swollen, smarting feet and takes the itching out of corns and bunions. The greatest comfort ever discovered for all foot-aches, and everywhere. The Trial package FREE. Address, Allen S. Collins, Le Roy, N. Y.—Adv.

A Big Heed. A young man in the country wrote to his city cousin, "I've grown a cabbage head six feet in circumference."

"Who is your father?" wrote back the city youth.—Tit-Bits.

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W. L. DOUGLAS

"THE GUY WHO HELD ITS SHAPE" \$3 \$3.50 \$4 \$4.50 \$5 \$5.50 \$7 & \$8 PER PAIR.

Save Money by Wearing W. L. Douglas Shoes. For sale by over 5000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas shoes and the real gain is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wear is guaranteed against high prices for inferior shoes. The real price on the mass everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The most exacting standards in the Fashion Center of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled workmen, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other brand. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, with return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

A Judge's Humor. As the result of Judge Landis' peculiar sense of humor many "stories" have gone the rounds.

While practicing law he was engaged in a case before Federal Judge Christian Kohlsaat. There were two bits of bread left from sandwiches when entertaining, dry them thoroughly and put them through the food chopper.

When one has an accumulation of bits of bread left from sandwiches or when entertaining, dry them thoroughly and put them through the food chopper. Dissolve a half a yeast cake in a half cupful of water, add two cupfuls of warm water, a tablespoonful of shortening, a cupful of graham flour, a teaspoonful of salt, a cupful of white flour to make a very stiff dough.

Let rise, cut down, then, when risen, place in the tins, let rise again and bake.

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