

Helping the Meat and Milk Supply

(Special Information Service, U. S. Department of Agriculture.) MAKE CITY DAIRY REGULATIONS REGULATE



Legislation Properly Drafted and Enforced Will Promote Milk Production Under Sanitary Conditions.

ENFORCIBLE MILK LAWS FOR TOWNS

First See That They Meet Local Conditions, Say Specialists.

RECOMMEND THREE GRADES

Impossible to Frame One Ordinance That Will Be Suitable for All Communities—Form Prepared Which Will Assist.

Milk laws should meet local conditions. Ordinances governing the dairy industry must be prepared with care and be enforced. Officials of the United States department of agriculture say that it would not be wise to attempt to draft a milk ordinance, with its standards, grades, and requirements, without a special study of local dairy conditions as well as the purposes of such an ordinance.

In a strict sense it is impossible to frame one milk ordinance that will be suitable for all communities. The bureau of animal industry and the bureau of chemistry of the department, however, responding to a constant demand by municipal authorities for some form of milk ordinance that will best meet the requirements and which can be used as a guide, have prepared a form which it is believed would assist in bettering the milk supply.

Three Grades Considered. A special feature of the ordinance is the grading of milk and cream, which is believed to be of paramount importance. A great sanitary and economic question will be solved, it is asserted, if practical grading of milk, with the consequent grading or selling price, can be enforced. Three grades

NEED HELP ON MILK LAWS? EXPERTS' ADVICE AVAILABLE.

A study of the milk ordinances of many cities, large and small, shows a great diversity of opinion among lawmakers and their advisers as to what constitutes a proper milk ordinance. A great lack of uniformity among laws, some of which are entirely out of date, has been noted. Many of them seem to be transcripts of ordinances in force in other cities, placed in the municipal series of laws without regard to local conditions, and some contain provisions which are unnecessary and unenforceable and cannot be enforced. Bulletin 585 of the department of agriculture suggests a form of ordinance which, it is believed, will prove to be a satisfactory framework upon which the average town or city can build a finished, practicable law that, properly enforced, will improve the average milk supply and work toward a desired uniformity of food laws.

are considered—"Certified," Grade A, and Grade B. Pasteurization is compulsory for Grade B but optional for the others. Community health departments must determine from their own experience the score and bacteria count permitted for Grades A and B, which represent the largest quantities of milk sold. Grade A must be of such quality that there will be no question as to its purity and safety. Grade B can be of lower grade than A because pasteurization is obligatory. No grade below that of B is recognized.

THE KITCHEN CABINET

It is certain that there is not enough wheat, corn or rice in the world to let one bit be wasted in any way which we can avoid or control.—H. Hoover.

GOOD THINGS IN SEASON.

A sandwich filling that is unusual but good, is Italian. Boil a pound of calf's liver until tender, then while hot rub it through a sieve. Measure and mix with it three-fourths of the amount of stuffed olives finely chopped. Add salt, pepper and mayonnaise to moisten and spread on buttered or rye bread.

Tuna Timbales.—Melt two tablespoons of butter, add a fourth of a cup of bread crumbs and a cupful of milk, cook five minutes, stirring constantly. Add a pound can of tuna fish, flaked, two eggs slightly beaten, a tablespoonful each of chopped parsley and lemon juice, a half teaspoonful of celery salt, and the same of onion juice and salt, and an eighth of a teaspoonful of pepper. Turn into buttered custard cups and cook in water in a moderate oven. Serve with tomato sauce.

Meat Chicken Sandwiches.—Cook the chicken until tender in plenty of water so there will be a good supply of broth. Cool, remove the meat from the bones and clip it into bits with the scissors. Put the skin and giblets except liver through the meat chopper and mix the chicken with enough stock to make the mixture moist. Thicken the remaining stock with one and a half tablespoons of flour and cook until smooth, season well with salt, pepper and onion juice. For each serving take two slices of bread place a spoonful of the chicken on a slice, turn over it another slice and dip a ladle of gravy over it. Serve with potato. This will serve 15.

Scalloped Peaches.—Butter a baking dish and cover the bottom with sliced peaches, fresh or canned. Sprinkle with buttered cracker crumbs and repeat until the dish is full, having the crackers on top. Pour over the juice from the can or a sugar syrup, if fresh fruit is used, and bake 45 minutes in fresh fruit, 30 if canned peaches.

Other fruits, like pears, plums, apricots may be used in the same way, adding acid or sugar as needed to make the dish palatable.

Conserve your food supply and win the war. All of you have read the words before. But when you read them now remember you have got your "little bit" to do.

Good cheer is the every day prescription that keeps the heart alive.

COMMON VEGETABLES.

We do not tire of the daily potato, but we do weary of the vegetable served in the same way. This is true of all of the other common vegetables. They are served too often in the half cupful of milk, mix well, add one beaten egg. Put into a shallow baking dish, spread with the other egg beaten lightly, then cover with buttered crumbs. Bake in a quick oven. Slip onto a chop dish and serve with a garnish of parsley.

Ensal is simply being tired of doing nothing, and being too tired to do anything else.

Ice in a Mine. Ice that formed in the winters of the sixties and seventies, is being uncovered by coal companies at Hazleton, Pa., in running the culm banks of the region through the breakers to meet the demand for anthracite created by the war.—Boston Globe.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Hathorn. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

The Cause. "My son has some grit in him, I can tell you." "Been eating war bread, I suppose."—Ideas.

The foolish little moth looks on the bright side of things—and you have doubtless observed his finish.

Britain is developing a new system of school hygiene.

Beets when young and tender, the size of a walnut, are delicious with butter, pepper and salt, with a dash of lemon juice or vinegar. When good sized they may be cooked, scooped out and used as receptacles for chopped salad of any kind. Place on a lettuce leaf or in a nest of shredded lettuce and serve with a good salad dressing. This is a most wholesome and attractive salad.

Carrots are very nice boiled tender and served with green peas; season with butter, pepper and salt and with a dash of sugar. Sliced carrots are good boiled until tender, then allowed to simmer in a little sweet fat with a spoonful or two of shredded onion; salt and pepper to taste, then served around chops or stew.

Swiss chard should be a standby during the growing season, and canned for the months when it cannot be grown. Take the white stalks, cook and serve in a well-seasoned white sauce, or mix with celery for a salad. The greens are treated in various ways—molded and served as a salad or hot with chopped, cooked egg. The stalks may be cooked and serve as asparagus or in a lemon ring or a beef ring as a salad. French or mayonnaise dressing is appropriate for this vegetable.

Corn as pudding, corn with tomatoes as an escalloped dish, stuffed green peppers, all lend themselves to an endless variety of dishes.

Cooked beets show stringed or laced, using the handy little cutter, will make a pretty salad all by themselves if chilled and served in lettuce nests.

Corn Parker House Rolls. Take one and a fourth cupful of flour, three-fourths of a cupful of cornmeal, two tablespoons of baking powder, one-half teaspoonful of salt and a tablespoonful of sugar, the same of shortening, one beaten egg and one-half cupful of milk. Roll out a half inch thick, cut and fold. Bake twenty minutes.

Meat's Part in Dairy. The dairy cow can be depended upon for production, but preservation of the milk is man's part.

JUST WHY IS A GUINEA HEN?

Question is Asked by Writer Who Evidently Has No Great Liking for the Breed.

Whoever designed the guinea hen and composed the music for her vocal organs must have used a rasp for a tuning fork. Guinea hens and their husbands are alike in appearance—when you've seen one you've seen the other. Their plumage is of one and the same piece of goods, like the Quakers'. If ever you have indulged in filigree teeth of a cross-cut saw, you've heard the synonym of her melody.

Nature did herself a dreadful injustice when she produced this variety of fowl and the farmer who gives her board and lodging is no good Christian. I say this because any man who sells you a guinea hen as youthful and tender has designed to skin you. I have a dim recollection of tasting one many years ago, and I will say this—the gravy was quite tender.

A group of guineas running to keep out of harm's way resembles a streak of 10-cent calico of somber hue with polka-dots. The guinea hen lays a very small egg with spots on it similar to those we see in cheap grocery stores in fly time. The eggs have no rating in the commercial world. They are used exclusively for hatching more trouble.—Cartoons Magazine.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Any druggist can mix this up for you or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Wouldn't Keep Sugar He Found.

Washington has another honest man. He's Edward B. Maddox, who, after suffering for the last two months from the sugar famine, turned 340 pounds of the "precious stuff" over to the Washington police. He had found a barrel of granulated sugar near the substation of the Potomac Electric company. Evidently the barrel had been dropped by a truck. Maddox has been able to get less than two pounds of brown sugar a week, he said. The amount of sugar he found, on the war basis, would have lasted him four years. He was not regretful, however, that he had turned the sugar over to the police to find its rightful owner.—Washington Times.

Watch Your Skin Improve.

On rising and retiring gently smear the face with Cuticura Ointment. Wash off with Cuticura Soap and hot water. For free sample address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

The Era of Censorship.

"A little knowledge is a dangerous thing," exclaimed the man who quotes. "Possibly," replied Senator Sorghum. "A great deal just now depends on how you get your information and what you intend to do with it."

Comparative Good Fortune.

"Of course," said Jonah, when he found himself in the whale; "I'm a little nervous."

"Cheer up," said the whale. "You ought to be glad I'm an innocent, inoffensive whale. A few thousand years later you might have been sighted by a ruthless submarine."

Inadvertent Boasting.

"Do you believe in heredity?" "Of course I do," replied the gentle egotist. "Why, I've got one of the brightest boys you ever saw."

His Choice.

"Is he making any special claim for exemption?" "No. Says he'd rather die in battle than live the rest of his life as a liar."

Woe to the politician whose nerve has become affected.

Keep Busy.

Flathush—I'm afraid I'll get stale on my garden work during the winter. Bensonhurst—For why? Haven't you got a snow shovel?—Yonkers Statesman.

Quite So.

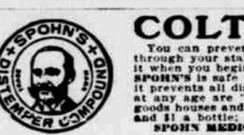
"These are the bridal apartments." "Oh, what a suite thing!"—Baltimore American.

Nervous Headaches Four Bottles of Peruna Made Me Well

Mrs. Effie Hill, Blanchester, Ohio, writes as follows: "I cannot tell how much I suffered in the past twelve years. I have been treated by physicians and no relief only for a short time. I was in such a condition from nervous headaches, such heavy feeling as if my brain was pressing down, and so nervous I could not get my rest at night. Would have sinking spells and then so weak that I could not do my work. I began to take Peruna. Have taken four bottles of Peruna and have gained in strength and flesh, and can say I am a well woman. I cannot thank you enough for my recovery."



Those who object to liquid medicines can secure Peruna tablets.



COLT DISTEMPER

You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPÖHN'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how cold or hot, at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPÖHN'S at 50 cents and \$1 a bottle; \$5 and \$10 a dozen.

War and the "Weather Man." In this war the "weather man," the meteorologist, has come into his own. No one laughs at him now. His information is desired by the artillery officer who has to know the temperature of the air and its moisture content, the strength of the wind at different levels, and the like, in order that he may aim his gun. When the temperature is hovering about the freezing point, the staff wish to know if the improvised roads will be frozen sufficiently to permit the movement of guns or motortrucks. The captains of the air squadrons must know the condition of the atmosphere up to heights of 20,000 feet. The importance of the information may be judged from the fact that we were asked repeatedly if there was not some way by which the American weather reports could be kept from reaching Germany. Our reply had to be that, with Mexico where it was, nothing could be done.—Joseph S. Ames, in the Atlantic.

Positive Proof.

"Is that a real diamond pin you have on?" "I should say so. My brother did five years for gettin' it."

A FIGHT FOR LIFE

It has been fight or die for many of us in the past and the lucky people are those who have suffered but who are now well because they heeded nature's warning signal in time to correct their troubles. That wonderful new discovery of Dr. Pierce's called "An-u-ric." You should promptly heed these warnings, some of which are dizzy spells, backache, irregularity of the urine or the painful twinges of rheumatism, sciatica or lumbago. To delay may make possible the dangerous forms of kidney disease, such as Bright's disease, diabetes or stone in the bladder.

To overcome these distressing conditions take plenty of exercise in the open air, avoid a heavy meat diet, drink freely of water and at each meal take Dr. Pierce's Anuric Tablets (double strength). You will delay a short time, but that you are one of the firm indorsees of Anuric.

Step into the drug store and ask for a sixty-cent package of Anuric, or send Dr. V. M. Pierce, Buffalo, N. Y., 10c for trial pkg. Anuric is many times more potent than lithic.

The Line Drawn.

Pat was celebrating and he had imbibed too freely. He punched another man in the face and got hauled up before the court. The judge told him he was charged with striking a man.

"Shure, yer honor, can't a man have a bit of fun?" asked Pat.

"Yes," said the judge, "but your right to have fun is ended where this man's nose began."—Boston Transcript.

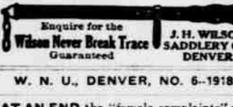
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EAT SKINNER'S THE BEST MACARONI



It is no more necessary than smallpox. Any experienced doctor has demonstrated the almost miraculous efficacy, and harmfulness, of Antrypoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers. THE GIFFER LABORATORY, BERKELEY, CALIF. PREPARED BY VACCINES & SERUMS UNDER U. S. GOV. LICENSE

AT AN END

the "female complaints" and weaknesses that make woman's life a misery. They're relieved by Dr. Pierce's Favorite Prescription. For all the derangements, disorders, and diseases peculiar to the sex, this is the only remedy certain to benefit.

Dr. Pierce's Favorite Prescription has a record of years of success. It is a most potent, invigorating tonic and strengthening medicine. It is made of the glyceric extract of native medicinal roots found in our forests and contains not a drop of alcohol or harmful drugs. Sold in Tablets or Liquid form by dealers. Tablets 60 cents.

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Does the Itching Disturb Your Sleep?

A word of advice from Paris Medicine Co., Beaumont and Pine Sts., St. Louis, Mo. (Manufacturers of LAXATIVE BROMO QUININE and GROVE'S TASTELESS chill TONIC.)

We wish to state to our millions of friends that in PAZO PILE OINTMENT

which is manufactured by us, we have a remedy which instantly relieves the intense itching of piles, and you can get restful sleep after the first application. We have letters from a large number of our customers saying they were permanently cured of this very annoying trouble. Every druggist has authority from us to refund the money to every customer who is not perfectly satisfied after using it. Most all druggists handle it, but if your druggist should not have it in stock, send us 50 cents in postage stamps with your Name and Address and it will be mailed to you promptly. After you try one box of PAZO PILE OINTMENT we know you will ask your druggist to keep it in stock, and will recommend it to your friends.

Send for a box of PAZO OINTMENT today and get immediate relief.

Nellie Maxwell