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STANDARD OIL COMPANY (NEW JERSEY)

## NEW PERFECTION Oil Cook Stoves

### SOUR MILK IS USEFUL FOOD DON'T GIVE IT TOO THE PICS

Save All Sour Milk—Every Drop Can Be Used Palatably and Economically—Sour Milk May Be Used in the Place of Eggs and Meat—Furnishes Lime and Protein.

"Accidents will happen in the best-regulated families." In spite of the most careful protection from dust, flies, or exposure to the sun, milk occasionally turns sour in the refrigerator during the hottest months. It may be that there is more left-over milk than usual, or that the ice supply is low, or that heat or thunder have affected the milk. Sour milk, nevertheless, has the same food value as it had originally, specialists in the United States Department of Agriculture say, because it is still a source of lime for bone building, of protein for tissue repair.

**Lactic Acid Considered Healthful**  
The bacteria which have caused souring are not necessarily harmful, if the milk was properly cared for, and the effect of those which caused the development of the lactic acid in the milk is thought by some to be beneficial. Many who can not get buttermilk to drink like to churn thick, freshly soured milk with an egg beater till the curds are broken up into fine particles, and use it in the same way.

**Clabber**—the coagulated, semiliquid state of fresh sour milk—is relished as refreshing and wholesome by many people, especially if served with sugar and sweet cream. The addition of maple syrup, honey, orange marmalade, or other preserves to clabbered cream makes a delicious dessert. An excellent cake filling can be made of thick, sour cream, whipped and sweetened, with nuts added. Whipped sour cream is often added to mayonnaise salad dressing for fruit salads.

No housewife needs to be told that good gingerbread can be made with sour milk, as well as corn breads of various kinds. In most recipes where sour milk is used as a leaven with soda, fewer eggs are called for. Very good pancakes and corn-bread can be made with sour milk, omitting eggs entirely. Farmers' Bulletin 565, Corn Meal as a Food and Ways of Using It, gives no less than nine recipes calling for sour milk. Among them is this easy way of making Boston Brown Bread:

#### Boston Brown Bread

1 cup corn meal.  
1 cup rye meal.  
1 cup graham flour.  
2 1-2 teaspoons soda.  
1 teaspoon salt.  
3-4 cup molasses.  
2 cups sour milk, or  
1 3-4 cups sweet milk.

Mix and sift the dry ingredients and add the molasses and milk. Beat thoroughly and steam 3 1-2 hours in well-buttered, covered molds. One-pound baking powder tins are satisfactory. Remove the covers and bake the bread long enough to dry the top.

This may be made also with 1 1-2 cups corn meal and rye meal and no graham flour. 1 cup of seeded and shredded raisins or prunes or a cup of currants may be added.

This serves eight people.  
If there is only a very little sour milk on hand, why not make some cookies? They may be made with corn meal. Oat-meal cookies are also excellent.

**Corn-Meal Cookies**  
1-2 cup fat.  
1-2 cup corn sirup.  
1-2 cup molasses.  
1 egg.  
2 cups corn meal.

### HANDS, ARMS, LIMBS ASLEEP

And Was Run-Down, Weak and Nervous, Says Florida Lady.  
Five Bottles of Cardui Made Her Well.

Kathleen, Fla.—Mrs. Dallas Prine, of this place, says: "After the birth of my last child...I got very much run-down and weakened, so much that I could hardly do anything at all. I was so awfully nervous that I could scarcely endure the least noise. My condition was getting worse all the time..."

I knew I must have some relief or I would soon be in the bed and in a serious condition for I felt so badly and was so nervous and weak I could hardly live. My husband asked Dr. about my taking Cardui. He said, 'It's a good medicine, and good for that trouble', so he got me 5 bottles. After about the second bottle I felt greatly improved...before taking it my limbs and hands and arms would go to sleep. After taking it, however, this poor circulation disappeared. My strength came back to me and I was soon on the road to health. After the use of about 5 bottles, I could do all my house-work and attend to my six children besides."

You can feel safe in giving Cardui a thorough trial for your troubles. It contains no harmful or habit-forming drugs, but is composed of mild, vegetable, medicinal ingredients with no bad after-effects. Thousands of women have voluntarily written, telling of the good Cardui has done them. It should help you, too. Try it.

1-2 teaspoon soda.  
1 cup flour.  
1 teaspoon cinnamon.  
6 tablespoons sour milk.

Combine the melted fat, sirup, molasses, beaten egg, and sour milk. Sift together the corn meal, soda, and flour. Add the liquid ingredients to the dry ingredients. Drop from a teaspoon into a greased pan and bake 15 minutes in a moderate oven. This recipe makes 55 to 60 cookies 2 inches in diameter.

Sour milk or buttermilk and baking soda may frequently be substituted where the recipe calls for sweet milk. In place of one teaspoon of baking powder a scant half teaspoon of soda is used to each cup of sour milk. Chocolate cake is particularly good when this substitution is made. In griddle cakes and muffins the same plan may be followed.

#### Bran Muffins

1 cup flour.  
1 teaspoon salt.  
1 teaspoon soda.  
2 cups clean bran.  
1-4 to 1-2 cup sweetening.  
1 tablespoon shortening (melted.)  
1 1-2 to 2 cups sour milk.  
3-4 cup seeded raisins or chopped nuts.

Sift together the flour, salt, and soda and mix with this the bran. Add together the sweetening, melted shortening, and part of the milk; then mix with the dry materials. Add the raisins, dusted with flour, and enough more sour milk to form a batter of such consistency that it will drop but not pour from the spoon, but be as wet as possible otherwise. Bake in greased muffin pans about 1-2 hour.

### PLAN PLENTY OF YARD SPACE FOR YOUNG DUCKLING FLOCK

Duck farms are usually located on light, sandy soil, preferably on sloping land, where the droppings will leach freely into the soil, so that the land keeps sweet and clean. The farm should have good shipping facilities to aid both in shipping products and in buying supplies. The arrangement of the buildings should be planned to economize labor and allow for future increase of the equipment.

The incubator cellar should be convenient to the brooder house, the brooder house to the growing house and pens, and these buildings to the killing house. The pens in the houses, the outside yards, and the arrangement of the buildings should be planned so that the ducks may be easily driven from house to house as desired. The feed room or house should be centrally located.

Convenient watering arrangements are essential where large numbers of ducks are kept, as they require a large amount of drinking water, say poultry specialists of the United States Department of Agriculture. While ducks may be kept successfully under very intensive conditions, it is advisable to allow considerable yard space. Double yards, which may be rotated and planted to quick-growing crops, such as oats, wheat, and rye, are good for intensive duck farms.

It is advisable to have a pond or stream for the breeding ducks, as they usually give better fertility under these conditions, although on some successful duck farms the ducks are

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always kept on dry land. The young green ducks on some farms which have a pond are not allowed to go into the water except to bathe and clean their feathers just before marketing. Other growers, however, allow the green ducks free access to ponds or streams until they are marketed.

### A WIRE FRYING BASKET HAS MANY KITCHEN USES

If one happens to possess a wire frying basket, which of course is kept scrupulously clean, there are many daily uses for it besides the occasional deep-fat fryin gfor which it was bought.

After washing fruit, celery, or lettuce, the wire basket will be found a more effective drainer than a colander. It can be set directly on the ice to keep the product crisp, say home economics specialist of the United States Department of Agriculture.

All the tomatoes for a salad may be scalded before peeling by lowering them quickly into boiling water for a few seconds. Some peel peaches in the same way. Beets may be readily peeled if after cooking they are plunged into cold water merely long enough to loosen the skin but not chill the hot vegetable.

In boiling eggs for the family breakfast, place the required number in the wire basket and lower into boiling water. When the eggs are done they can easily be removed all at the same time by lifting out the basket. In frying croquettes or potato chips the use of the wire basket to hold the material to be fried saves time and energy.

For frying doughnuts instead of placing the doughnuts in the basket use the bottom of the basket to force the doughnuts under the surface of the fat as soon as they rise to the top. This use of the basket saves time and fat, for doughnuts fried under the fat absorb less grease and can be fried in a shorter time. The basket can also be used to drain the fat from the doughnuts after frying.

Another use for the wire basket is in grating soft cheese. It is much easier to force the cheese through the meshes of the wire basket than through a grater.

### IS SWEETENED POISON VERY PROFITABLE?

Clemson College, June 27.—The use of sweetened poison for the boll weevil is nothing new, but is nearly a quarter of a century old, says Prof. A. F. Conradi, chief entomologist, in regard to the current discussions as to poisons. As far back as 1898, poisoned sweets were employed early in the season applied by means of a stick a few drops on each cotton plant. The only difference between the concoctions of those days and the formula recommended at this time is in the particular materials used. Then the principal formula consisted of molasses and paris green, or molasses and white arsenic. One formula which attracted special attention, probably because of its very

complicated nature was made of molasses, paris green, white arsenic, and arsenate of lead. All of these poisons have arsenic as the active ingredient, and no one has ever been able to see why all this array of compounds.

As the early application of sweetened poison killed a certain percentage of weevils, it appealed to many farmers in each state when ever the boll weevil appeared. Each year as new territory has been invaded by the weevil and new groups of farmers have become panicky, they have been inclined to nibble at the bait on almost any hook that is thrown out to them, but so far as sweets are concerned there is no evidence that boll weevils have been attracted by them. So in the course of 4 years sweetened poison has not gained much recognition though the weevil has invaded eleven states. In fact sweetened poison has seldom paid the expenses of treatment and it has therefore been generally abandoned.

Instead of many of the special poisons now advocated by some, the use of calcium arsenate is strongly recommended, says Prof. Conradi, although calcium arsenate has no

greater arsenic content than paris green and white arsenic of the earlier day. Poisoning in the heavily infested, high yielding land will be of very great help in producing a cotton crop provided the poisoning is done properly, but regardless of the amount of poisoning one intends to do, it is urged that every farmer stand by his crop and give it better attention than ever before. Poisoning can never be depended upon to secure a cotton crop, unless the cotton is on good land and under a system of good farm management.

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