

THE KID HAS GONE TO THE COLORS.

The Kid has gone to the colors. And we don't know what to say; The Kid we have loved and cuddled Stepped out for the Flag today.

THE INNOCENT SIN OF WOMEN.

Dr. Hill quietly utters the terrible indictment, that seems to be true: "The infectious diseases in general radiate from and are kept going by women."

HOW WE TRIFLE WITH 'SPRING-TIME DISEASES' OF CHILDREN.

The time of the singing of birds has come, and the voice of the whistling cough is heard in our land. In other words, this is the season that is "sacred" to children's diseases.

GERMS ARE NOT ATHLETES.

The first elementary truth we need to master is as to the life-habits of a germ. Germs do not "evolve" out of darkness or sewer gas.

KILL THE WOLVES.

The old public health tried to clean up the general environment. The new public health hunts down the specific center of infection and tries to "build the children up" and "fortify" them against disease.

Flies Dislike of Blue.

The following is a clipping from the New York World, and goes to prove that Our Dumb Animals was quite right in advising its readers that blue wash for cow sheds was worth trying.

MRS. ANYBODY AND "SCARLET RASH"

A Canadian public health officer, Dr. Hibbert W. Hill, shows us how far the ordinary household is from taking only the sensible, unselfish and conscientious course that will eradicate the children's spring diseases.

neighbor's the other children inspect the rash that Tommy proudly exhibits. She doesn't kiss them good-bye, that is, only the youngest, who looks nearest to cry.

While the "heat and power" foods cannot be used in the building up of new tissue, or for repair work, the "repair" foods or proteins, as they are called, can be used as a "heat" food if there is any left after all building is done and repairs are made.

BIRTHS.

- Smith—On April 1, to Mr. and Mrs. Harry Smith, of Pleasant Gap, a daughter. Weaver—On April 1, to Mr. and Mrs. Mac Weaver, of Axe Mann, a son.

From this table it may be seen that of the ordinary foods which form staple articles of diet, bread, flesh foods, such as meat, poultry and fish, eggs, beans, and cheese are the great furnishers of protein or repair material.

- 1 lb. white bread contains 1 1/2 ounces of protein 1 lb. meat contains 2 1/2 ounces of protein 1/2 dozen eggs contain 13 ounces of protein

With potatoes at their present high prices, one glance at this table will show what a saving may be made by substituting rice, hominy, and oat meal in the dietary.

In contrast to the "repair" foods, which, when taken in excess, call for greater work on the part of the body to eliminate the heat and power foods, when taken in excess, are stored up for future use.

Fats, sugars and starches all are heat and power producing foods, but for the best results, one should not confine his diet to any one of them.

Butchers' and pastry cooks' shops. These let the air in while the flies go out through the interstices between the beads, but do not re-enter.

Health and Happiness

"Mens sana in corpore sano" Number 18.

BALANCED RATIONS

Guy C. Given, Ph. D., Associate Professor of Experimental Agricultural Chemistry The Pennsylvania State College.

In many of the western prairie States, in time of fuel scarcity, especially in winter when trains are delayed by heavy snows, the natives have been known to burn corn in their heaters and stoves in order to keep warm.

We would consider a man to be a candidate for a place in the famous Danville institution if, while living in the coal districts of Pennsylvania, he would burn corn in his stoves in winter, instead of coal, but in our eating, we, almost to a man, follow a scheme just as extravagant.

Foods are divided into two great classes: First, Repair foods; and second, Heat and Power foods.

The "repair" foods are selected and used by the body to build up torn down muscles and other tissues, and to furnish raw materials for the formation of new flesh substance in the growing body.

The "heat and power" foods have no more part in repairing wasted portions of the body than gasoline has in mending the broken crank-shaft of your automobile. They furnish the heat that gets up the "steam" that gives the power that allows you to work, move about, and keep warm.

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The up-to-date dairy-man knows these things well, and because the "repair" foods, or proteins, are absolutely essential, and because they are more expensive than the heat producing foods, he arranges carefully to

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- 1 lb. white bread has as much heat value as two-thirds lb. of sugar 1 lb. potatoes has as much heat value as one-sixth lb. of sugar

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Some recent very valuable investigations by McCollum, have brought to light that there are certain substances present in our ordinary foods, which are necessary to proper growth and health. These materials have not

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feed his cattle just enough of them to furnish the necessary repair and growth requirements, and tries not to give a great excess of this expensive food to be used simply as fuel.

These "repair" foods or proteins, are the ones which we Americans ordinarily think should form the major portion of our diet, but, as a matter of fact, we require a much smaller amount of them than of the heat producing foods, from one-fourth to one-sixth, depending upon whether little or much heavy muscular work be done.

A meal that most American men would look upon as the acme of luxury,—for example, a juicy, broiled, porter house steak with a couple of crisp baked potatoes—would have a ratio of about one part of protein or repair food to two parts of heat producing foods. We enjoy ourselves while eating it, but are using very expensive beefsteak for fuel.

These proteins, when they are burned for fuel instead of being used for building blocks, are likely to give off a great many unpleasant substances. A piece of wood or coal will burn merrily in a grate and, if it receive plenty of air, will not produce unpleasant odors.

It is not wise to adhere to any hard and fast rule concerning the amounts to be eaten, as a great deal depends upon the peculiarity of the individual. The amount of protein required for the average adult in twenty-four hours, for repair work, will be about four and one-half ounces.

The common foods that we eat have approximately the following amounts of protein as purchased:

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one of fat will furnish about two and one-fourth times as much heat or power as an ounce of starch or sugar, and is therefore to be considered as a concentrated food.

Ordinary granulated sugar is one hundred per cent sugar, and will be a convenient substance with which to compare other heat furnishing materials.

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Life in the great centres of the United States has gained such an impetus that it makes few pauses in its rush toward its own destruction. It hurries us along in its current of exultation, battering us against jagged rocks, poisoning us, polluting our blood with emotions that eat up red corpuscles, draining our sensibilities of their natural responsiveness.

Concerning the balancing of the ration, it is, in the light of our present knowledge, impossible to draw any hard and fast line. With reference to human feeding, individuals differ too much one from the other, food habits are so dissimilar, and likes and dislikes of certain foods are so strong, that the mental attitude toward the diet offered will often play havoc with any attempt at a rational system of rationing.

A happy compromise is the collar that lies up snugly against the back of the neck, but is rounded in the back and of uniform width all around, clinging to the shoulder line, instead of disguising it. This type is supplanting the wider sailor shapes upon many of the tailored blouses, and one finds it conspicuous among the separate collars.

More than thirty thousand English women have volunteered to form an auxiliary army corps for service in France.

FOR AND ABOUT WOMEN.

DAILY THOUGHT

Solitude is as needful to the imagination as society is wholesome for the character.—Lowell.

It is depressing to talk, think and write incessantly about the high cost of living, but how can you help it? One must live, though sometimes one may feel inclined to say "Je ne vois pas la necessite" and so the ever-soaring tendencies of every imaginable commodity are of considerable personal interest.

Almost everything we wear comes under the head of wool, linen, or cotton, so listen to the future prospects for these fabrics. Wool, we are told, virtually is going to disappear from the stores, at least the "all-wool" fabric, for worsted with an admixture of cotton still will be on sale, though at much advanced prices.

Then linens, as you doubtless know, are not made here, and so we are dependent on Ireland, Scotland and France for our main supply. Some are still coming from Belfast but the quantity is diminishing, while the prices are advancing steadily because the little flax is running out. Very little flax is grown in Ireland and virtually none in Scotland, so the mills of both countries must depend on Russia for their supply.

When it comes to cotton, we find that, now we are in the war ourselves, a very large proportion of our cotton and navy. Duck, denim and drills are of course wanted as well as ticking, sheets, pillowcases and bedspreads, and naturally a great quantity is needed for special surgical dressings.

Naturally, with nothing but war in the air, clothes are showing a decidedly military trend, especially in coats and caps; in fact, one store is showing a three-quarter length coat in navy blue with stand-up military collar embroidered with crossed rifles, the left sleeve decorated with a chevron consisting of two flags crossed. To accentuate further the military character of this wrap, it is supplied with a scarlet-lined cape which falls from the shoulders, but cannot be detached if desired.

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Waste of physical energy is scarcely worse than waste of mental forces. Life ceases to be enjoyable that moment in which we leave off wondering at it, when it no longer surprises us; when it no longer has unexplored vistas, unexpected romances and adventures, when our jaded palates are caloused beyond the possibility of anticipation.

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Some very delectable little collars of lace, embroidered net and embroidered linen seem to have been designed particularly for such association and are hardly usable on any other sort of frock neck.—New York Sun.

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FARM NOTES.

—It is estimated that seven per cent more of the 1916 wheat crop was shipped out of the counties where it was grown than in 1915. This represents almost two million bushels.

—Currant bushes are very bad neighbors for white-pine trees, as the currant bush may act as host for the fungus which causes white-pine blister rust. This disease can be spread by nursery stock of white pine, and those who wish to protect their pine trees should not plant currants near them.

—Silver foxes a few years ago brought as high as \$15,000 a pair in the open market. The enormous prices obtained at that time were due largely to speculative operations, according to a new publication of the United States Department of Agriculture, and ranch-bred silver foxes have recently been advertised for sale at from \$500 to \$1,000 a pair. With a comparatively large number of silver foxes in domestication, with a clearer understanding of their successful management, and with a return of moderate prices for breeders, a steady, healthy, and general development of silver fox farming is predicted. How and where fox farming may be undertaken with the promise of any degree of success in the publication mentioned, Farmers' Bulletin 795, "The Domesticated Silver Fox," which may be had on application to the United States Department of Agriculture, Washington, D. C.

—Cabbage stands in the front rank as a food crop. It is available not only as summer food, but also, because of its exceptional storage qualities, may be kept for winter use. It is a good yielder also, producing as high as fifteen to twenty tons to the acre. The prices of cabbage during the past winter have put it in the class of delicacies.

The first requisite in the profitable production of a crop of cabbage is good seed. To insure good seed a supply should be purchased a year in advance of the time it is wanted for the main crop, so that a small test of it can be made to determine its vitality, purity and relative value with respect to yield. In case seed has not been secured and tested in this way it should be purchased from the most reliable source available.

The variety best suited for winter storage is Danish Bealhead. Other valuable varieties are Enkhuizen Glory and Succession. It takes about six months from the time the seed is sown for Danish Bealhead to mature. Enkhuizen Glory and Succession will mature about two weeks earlier.

Seed should be sown in a prepared seedbed in the open ground about the middle of May. When the plants are from six to eight inches high, which will be from six to eight weeks after the seed is sown, they should be transplanted to the field in rows set thirty-two inches apart, the plants being set eighteen inches apart in the row.

While the cabbage can be grown successfully on a wide range of soils, the best results are obtained on a soil which is well drained yet retentive of moisture, and which possesses an abundance of readily available plant food, of which nitrogen is the most essential element. Plant food may be supplied by liberal applications of manure and nitrate of soda.

The evaporation of sweet corn is an industry that has been gaining ground rapidly in Lancaster county and during the past year it is estimated that between \$60,000 and \$70,000 worth of corn was harvested and used in the new farming enterprise.

During the past year there were ten persons or plants engaged in the evaporation of sweet corn in the county and much of the product was sold direct to consumers while large orders were received for commission sales. There has been a steady demand for the evaporated corn which is said to be of an especially fine quality.

While the industry is rather a new one it has been developed rapidly and the experiments have brought about a system of sweet corn culture that is especially interesting. There is considerable difference in the various types of sweet corn, as some contain more saccharine than others and others yield more corn to the acre. By careful fertilizing and selection of the Lancaster county growers have developed a prolific type that is said to be far superior to any sweet corn on the market. The development has led to the production of ears of corn that are so large and the grains so fine in shape and size that many persons unacquainted with the new industry say that the corn is not true to type.

Most of the persons engaged in the evaporation of sweet corn grow a great portion of what is used, but during the past season many farmers grew corn for the evaporation plants on contract price. The business is an exacting one and requires the closest attention to details if it is to be made a success. The corn must be planted in succession, one following the other sufficiently close so as to mature in time to keep the plant busy while evaporating. The best condition for the corn before being pulled, lasts but a few days, or the corn becomes too hard and does not produce as good a quality of the finished product as it otherwise would. Both time and help have been at a premium during the evaporating season which lasts about two and a half months.

The corn is pulled and thrown on a wagon and delivered to the plants with the husks on. It is bought by weight in most cases at a certain price for a ton, with the evaporating plant the corn is husked and prepared for the different processes. The husks are saved and fed to the cattle and prove a beneficial and nutritious feed. A good average yield of corn per acre when evaporated and ready for market is twenty-two bushels.