

AMERICANS.

Some from a place of ice and snow,
From sunshine country some,
And mountains high and valleys low
The years have seen them come.
Strangers from every clime and land,
Each eager for the day
When liberty, her torch in hand,
Should light them on their way.
English and Irish, Dutch and Dane,
Italian, French and Swede,
And men of Scotland, Greece and Spain,
Of every race and creed,
Have entered the open door
And found their welcome glad,
But now each man must pay the score
For that which he has had.
The country calls them each by name,
And each must spring to go;
White hot within war's lambent flame
The melting pot's aglow.
Each one contributes of his best,
There is no sect nor creed,
But each emerges with the rest
A true American.
Each strikes for one, one strikes for all,
One country and one creed;
The false and the unjust must fall,
The true and right succeed.
Shoulder to shoulder they will fight,
Across the ocean's foam,
And liberty shall shed her light
To guide them safely home.
—Walter Trumbull.

"Old Pennsy" Growing Pale, May Soon Become White.

By Alfred Bierly.

Permission to reprint hereby granted by the writer.

Several years ago the writer saw a printed map of the United States upon which was shown the progress made in recent years toward National Prohibition. The States advocating, or already in line for that great reform, were shown in white, while the less progressive States were printed black. Imagine our amazement and disgust to learn that the "Old Keystone" was one of only three of the forty-eight Commonwealths printed black.

After carefully reviewing said conditions, we came to the conclusion that Pennsylvanians were less progressive and more "soot" in their ways, habits and customs than the people of most other States in the Union, and, probably not until a great overwhelming reform sentiment, created by other States, sweeps over that backward Commonwealth, will she become awakened to her condition of delinquency and shame. That auspicious hour would seem to have arrived if late reports are correct. At last she has become more fully awakened to her great opportunity and long delayed in becoming awakened to a spirit of real advancement in the important movement toward greater morality, sobriety, decency and righteousness.

SURVEYING A CONDITION.
Some years ago we made a survey of the number and kinds of religious factions existing in Pennsylvania, and were amazed beyond measure to find that there were nearly one hundred sects and denominations in existence. Such a condition is indeed strange, if not appalling; especially so since all pretend to worship one and the same Deity.

What a colossal loss of energy and real progress toward crushing out evil and promoting righteousness do such conditions reveal, when by more united efforts the work of greater good might become advanced and multiplied a thousand fold.

And is it owing to the conditions herein stated that millions of Pennsylvanian citizens are held in thralldom on the question of Prohibition, deterring them from engaging more generally in one of the grandest movements for race betterment ever conceived? We are inclined to believe that the present sectarian condition now prevailing in that State is a leading factor to that end.

SOME CHURCH "SLACKERS."

Is it not a fact that a vast number of churchmen everywhere are so complacent, so self-contained and oblivious toward real progress and the general welfare of their fellow men that a genuine spirit to lend a helping hand to those in need is greatly, if not wholly, lacking among them?

Many make long and loud prayers at stated periods, imploring the Deity to send "Showers of blessings" upon them, and they mean, sigh, shed bri- "Again," but when the hour arrives to perform effective work—well, that seems to paralyze them, for at such times they miserably fall down and will not act. They blandly and blankly refuse to exercise their God-given prerogative, and VOTE.

TWO HEROES.

A generation ago the writer, while a resident of Centre county, Pa., had the audacity—that is what it was—to vote the prohibition ticket at a local election. For that advanced stand around, including the church people, cast aspersions and calumny upon us. Only one other person in the vicinity, a local preacher, possessed the spirit and courage also to vote for the cause.

The writer then resolved to stand by his colors during his lifetime and vote for National and local Prohibition at every opportunity, and has done so in the face of the fact that the vast majority of churchmen have persistently refused to join in so grand a movement for reform.

EFFECT OF PROHIBITION.

Prohibition makes for greater enlightenment, greater advancement, greater man and womanhood, greater sobriety, greater happiness, greater goodness, greater nobility, greater poise, greater family love, greater prosperity, greater virtue, greater self-control, greater co-operation, and greater everything that makes for good.

The "Old Keystone," we predict, will soon become "Bone Dry," and

great will be the rejoicing over so potent a triumph.

"FINISHED PRODUCTS."

The distillers, brewers and saloon keepers have the reputation of producing a vast army of "finished products."

When a wagon-maker, an auto builder, a merchant, or any other tradesman produces "finished products," the general practice is to place it on exhibition where the public can see and admire it. Not so with the saloons. They lure their victims to drink their swill, but when they become soaks, bums, loafers, thieves, or murderers, they repudiate them, kick them out into the street for the police to pick up and haul them away. A great system, that!

A SATANIC NOTION.

It is believed by many churchmen and others that the liquor people have a perfect right to conduct their business as they do, since they have a license, an "indulgence" paper, bought and paid for. There is hardly one right minded person on this globe, if he or she has the courage of a louse but that will declare that such a system was born in the lowest regions of Hell.

Reader, what would you think of a city or town that would compel its inhabitants to submit to inoculation of the itch, then enact a law to prohibit scratching? Would such a system be as unjust and cruel as selling a license to manufacture bums, loafers, crooks and other criminals sought and paid for?

NO, the latter system is a thousand fold more cruel and satanic since it destroys decency, manhood, body, life and soul.

MAJORITY RULE.

In a free country it is always the majority of the people that rule. Through Pennsylvania the vast majority of persons are embodied in her numerous religious sects. Those are the classes that should control affairs for the betterment of things or quit pretending.

May Providence lead those good people to see the awful conditions still prevailing amongst them, so they will, ere long, slay the monster "Rum" that puts fire into the stomachs and Hell in the brain of its victims.

Encouragement for Suffragists.

The rapidity with which public sentiment in regard to women is changing is indicated by the fact that within the past fortnight two large and influential bodies have given equal rights to women within their ranks, the Methodist Episcopal church South, at the annual meeting of its College of Bishops in Atlanta, Ga., giving full laity rights to its women, and the Southern Baptist church, at its convention in Hot Springs, Ark., giving equal suffrage to its women.

In this news is hope for the suffrage bill in the Senate, which is being held back in committee because its friends fear to risk the vote on it at present. Another encouraging note for suffragists is the fact that quite recently the Pennsylvania Federation of Labor gave its approval of woman suffrage by a unanimous vote and adopted a resolution calling upon the United States Senators from Pennsylvania to vote for the suffrage amendment.

In this connection, it is interesting to note that while the National Association Opposed to Woman Suffrage, in the United States, is working hard to prevent the passage of the Federal amendment giving votes to women, the women of Canada and in England the National League for Opposing Woman Suffrage has been dissolved, acknowledging itself "overwhelmed not by argument or logic, but by a wave of sentimentality," as stated by Lord Wendale, who made the motion to dissolve. Miss Beatrice Chamberlain said that there was not the slightest doubt that the anti-suffragists had been right all the way through, and that women would use their new power wrongly. The funds of the league amounting to several thousand pounds, were given to the Royal Pension Fund for Nurses.

Concerning Women.

Woman suffrage has been rejected in Hungary.

Nine women are members of Parliament in Denmark.

China had women soldiers long before they were known in Russia.

American colleges have offered 100 scholarships to French women.

The flax crop in Fife, England, will be harvested exclusively by women.

The poorest paying job for women in Japan is that of elementary school teachers.

Cambridge University, in England, now admits women to full membership the same as men.

Argentine women have won their right to all the professions, including engineering and law.

In France the working hours of female munition workers is limited to 10 hours a day.

It is estimated that after the war there will be 1,100 women for every 1,000 men in Germany.

Over 10,000 women are now employed by the Pennsylvania Railroad in various capacities.

Practically the whole of the strawberry crop in Missouri was picked by women workers.

Over 100,000 women have enrolled for definite service in the National League for Woman's Service.

It is estimated that 400,000 women in this country will be compelled to register under the alien enemy act.

The woman's division of the Federal Employment Service has placed 44,471 women in jobs throughout the United States.

Many Russian women, formerly of the nobility, are reduced to selling newspapers in the streets of Petrograd.

Under the new wage schedule for railroad employees, women who do the same work as men will receive the same pay as men.

Eh, What!

Sammy in France has raised the slogan, "Can the Kaiser." The Daily Express of London explains that "can" is used in the sense of hermetically sealing the Kaiser to prevent his further activity. Jolly fine for the Englishmen that this war isn't being fought on humor! Eh, what?—Detroit Saturday Night.

United States Flag Desecrations.

United States flag on rear of moving van, or a truck of any kind, where law requires a red flag to indicate danger.

Flag pins on hair ribbons.
Tattered, faded flags on display.
Flags trailing or touching the ground.

Flags on display in homes lower than one's head when standing, or in a place below a person sitting.

Flag not on the right of alien flags in parade—U. S. flag underneath those of other countries. (The navy raises church flag over American one during religious service.)

Flag draped or wrapped around railings, speakers' stands, benches, chairs, etc.

Flags carried in parades for the purpose of collecting money.
Attaching political tickets to the flag.

Painting the flag on the sides of wagons, carts, etc.
Printing upon and burning pictures of flag on china.

Printing the flag on paper wrappings for cheese, ham, fruit, thread, bread, chewing gum, fire-works, cigars, etc.

Using the flag for clouts for prize fighters; shooting galleries; representation of Uncle Sam and Columbia; used by contestants in various races.

Tearing the flag from the staff in anger; treading upon it.

Flag used on pillow-tops; table-coverings; curtains; manufacturing and sale of wearing apparel with the flag woven in the fabric; buttons showing "joke flag" without stars on blue, or having incorrect number of stars and stripes.

Printing the flag on paper and pasting it upon casks of liquor; cigar boxes, etc.

Using the flag to advertise brewing corporations; liquors; commercializing the flag whatsoever.

Using the flag to call attention to charity balls; real estate deals; sample rooms; shooting galleries; napkins.

Complaining the flag's enemies to kiss the flag; to use the flag at a military card game; to crown individual servings of ice cream.

Coal sacks made of flags; using it for awnings; for blankets for dogs.

To place objects upon it. (The Bible plants in parter; rest upon it).
Glass paper weights containing the flag.

Flag to figure in magazine covers; cartoons; in illustrative processes staff must be placed at left to permit the fabric to float to the right.

Flags as part of medley; napkins.
To tear the flag as a badge is a desecration if not placed over the left breast or on the left collar lapel.

Flag coverlets. (Living soldiers would not care to sleep under the flag; only the dead soldiers are so honored.)

The flag design produced in flowers and plants; (colors must not touch the ground).

Flag nailed to the wall; to gather or fold the flag in any way for decorative purposes. (In the U. S. army all flags are suspended from the pole, and in no other way.)

Flag cut out for the purpose of inserting the emblem of a society.

To border the flag with other material.

Japanese lanterns decorated with the American flag.

Flag as "Tag Day."
Movies, theatres to exploit flag to gain applause.

The playing of the "Star Spangled Banner" as part of medley; as an exit march.

Citizens to not stand silent, uncovered, facing the flag, hands at the sides, at attention during the rendition of the national anthem.

To not show admiration, love, reverence and loyalty in word and deed for, and to the American flag—the flag that has never known defeat.

The flag stands for freedom, democracy, government of the people, by the people for the people. These are the great principles for which the flag stands, and when that democracy and that freedom and that government of the people are in danger, then is our duty to defend the flag and keep it soaring as it soars today, undimmed, unswayed, victorious over the years, we must be ready to defend it, and like the men of '76 and '71, pledge to it our lives, our fortunes and our sacred honor."

HELEN E. C. OVERTON,
State Chairman to prevent desecration of the Flag.

Select the Laying Hen.

With present high prices and shortage of grains it is not only bad poultry practice but almost criminal to feed these much needed grains for human food to a non-producing hen.

The only solution to the problem lies in eliminating these boards.

According to L. S. Kleinschmidt, of the Poultry Division of The Pennsylvania State College, the indications that a bird is laying and is qualified to remain in the pen are: A clear, full, bright eye with no appearance of sluggishness; pale shanks and beak; white flabby vent; depth and breadth in the region of the abdomen, with thin pliable pin bones; prominent, red, waxy comb; toe nails worn, indicating activity; condition of breast fairly well fleshed.

These characteristics coupled with late molting of feathers will point out the high producing fowls in your flock.

The non-laying hen usually stands partially erect like an Indian Runner duck, has yellow shanks and beak, fat head, is fat in region of abdomen, with small pucker vent, and inclined to molt early.

Culling should begin about the middle of June or about the time the first hens stop laying and continue until late in September, or until the flock is reduced to make room for the well matured pullets. If only one culling is made it should be in September and include all hens that have molted or stopped laying or that otherwise show the characteristics of a low producer.

He Qualified.

Examiner (to farming recruit)—"What agricultural experience have you had?"
Recruit—"Well, I've sown my wild oats."—The Lamb.
—Subscribe for the "Watchman."

Foods Rich in Protein.

The text and illustration of this article are from Farmers Bulletin 824, "Foods Rich in Protein." United States Department of Agriculture.

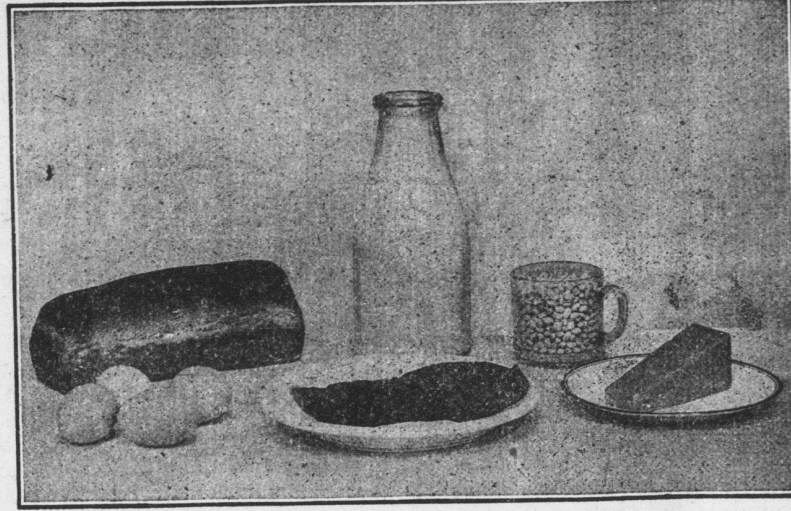


Fig. 5.—How some of the common food materials compare in the amount of protein they contain. There is about 1 ounce of protein in each of the foods shown in this figure: 1 quart of milk, 4 eggs, 6 to 8 ounces medium fat meat, 4 ounces whole-milk cheese, 6 ounces dried navy beans, 1 small loaf bread, either white or whole-wheat (12 ounces).

Every farm knows that nitrogen is one of the chemical elements which neither his crops nor his stock can do without. He knows also that it costs more than any other necessary element. The same is true of nitrogen in human food. It is absolutely necessary for the building and repairing of body tissues and can be obtained by the body only from the food substances or nutrient known as protein.

A larger proportion of protein is found in eggs, meats, fish, milk, cheese, and the dried seeds of the legumes (peas, beans, cowpeas, soy beans, peanuts, etc.), than in most other materials, and these usually are spoken of as foods rich in protein, or the protein group of foods. Except for the dried legumes, these protein-rich foods are all of animal origin and are mostly among the more expensive food materials. Some of the cereals, especially wheat and oats, and some of the nuts are also fairly rich in protein, while smaller amounts are found in the other cereals and minute quantities in vegetables and fruits.

Milk is included among the protein-rich foods, although seven-eighths of it is water, and both fat and milk sugar are more abundant in it than protein. The particular form of protein it supplies is especially valuable. Milk is the best source of protein for little children and should be the chief item in their diet. Besides furnishing protein, it provides them with some of the mineral matter necessary to build tissue and with certain other substances which, in tiny quantities at least, are indispensable for healthy growth and development. Like any kind of protein, it can also be used by the body as fuel to provide energy for the work of the muscles.

It does not make so much difference from which materials older persons get their supply of protein, though a variety of kinds is usually considered desirable. Not all of it ordinarily comes from the protein-rich foods, for wheat and other cereals contribute much protein to the diet. In fact, it is possible to plan perfectly wholesome and appetizing diets in which about half of the necessary protein is furnished by bread and other cereal foods.

The following lists may help to show about how much protein there is in some of the common food materials and how they compare with one another in this respect. The second list is illustrated in Fig. 5.

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|--|--|
| There is about 1/4 ounce of protein in— | There is about 1 ounce of protein in— |
| 1 glass milk. | 1 quart milk. |
| 4 eggs. | 6 to 8 ounces medium fat meat. |
| 6 to 8 ounces medium fat meat. | 4 ounces whole-milk cheese. |
| 4 ounces whole-milk cheese. | 6 ounces dried navy beans. |
| 6 ounces dried navy beans. | 1 small loaf bread, either white or whole-wheat (12 ounces). |
| 1 small loaf bread, either white or whole-wheat (12 ounces). | |

HOW MUCH PROTEIN IS NEEDED.

It is not necessary for a healthy person to measure his food as carefully as a doctor measures the medicines or even the food which he prescribes for an invalid. If the body is in good condition it adapts itself to the ordinary variations in its food supply; when there is a little too much it can store or dispose of what it does not need at once, and when there is not enough it can draw for a time on its own substance to make good the lack. The danger comes when, day in and day out, the body gets too much or too little food, or when the kinds provided are not the most suitable. There is no need of measuring exactly how much protein is obtained with every meal, but if the diet as a whole is to be healthful and economical, the person who plans it ought to know in a general way how much protein and other nutrients are needed and how much is contained in the different food materials, and then choose accordingly.

According to the standard commonly used in this country as a practical guide in planning meals about 3 1/2 ounces of protein a day is a reasonable quantity for a young or middle-aged man of average size, weighing about 150 pounds and doing a moderate amount of muscular work—like that of a carpenter. It is believed that it is wise to obtain this protein from a variety of food materials.

Half of this protein (about 1 1/2 ounces) he might get from a pound loaf of bread and four ounces of oatmeal porridge or other cooked cereal used as a breakfast food. The other 1 1/2 ounces probably would be supplied chiefly by one or more of the following: Meats, fish, eggs, milk, cheese, and dried legumes. It might be obtained from an egg at breakfast, one-half pound of pork chops (weighed with bones and trimmings) at dinner, and three-quarters cup (6 ounces) of baked beans or cow peas at lunch or supper.

As before stated, this is about the amount of protein needed by a man of average size and weight. A larger person would have more body tissue to keep in repair, so would require more protein, while a smaller person would require less. Women, in general, are smaller and weigh less than men, and a woman of average size, weighing from 120 to 130 pounds, is commonly said to need about four-fifths as much protein as a 150-pound man. Growing children need more protein in proportion to their size than adults, because they must increase the amount of their body tissue as well as keep it in repair.

The more active a person is, the more force or energy he will expend and the more food must be provided for this purpose. This use of food as body energy or fuel has been discussed in other bulletins in this series, and rationing have been suggested which provide the total food needed for a man doing moderate muscular work and for a family. When a person does more muscular work and therefore needs more food, it is usually wise to increase the use of materials rich in fat, starch, or sugar rather than those rich in protein, not only because the former are often cheaper, but because such a diet usually pleases the taste quite as well. It has been found that when a diet consisting of the common food materials combined in the usual way provides enough energy, it is almost certain to provide enough protein, too.

If the food provides more protein than the body needs for tissue building, the excess may be used by the body as fuel. Unless this excess is unusually great it will not prove harmful ordinarily.

Compared with the 3 1/2 ounces of protein needed by a 150-pound man, a woman weighing 120 to 130 pounds and doing moderate muscular work would need about 2 1/2 ounces. If she were to use food materials similar to those in the diet described for the man, she might cut down the bread from one pound to three-fourths pound (or by about four slices), and could get along with three-eighths pound (6 ounces) of meat instead of half a pound. A child up to three or four years of age needs daily as much protein as would be supplied by a quart of milk or by 1 1/2 pints of milk and one egg.

A family consisting of father, mother, and three children between 3 and 12 years of age would require about 3 1/2 times as much as the man, or not quite three-fourths pound (12 ounces) of protein. This would be supplied by the following day's ration: Three pounds of bread and 1 pound of cooked cereal mush, three-fourths cup of fat (butter, etc.), 1 1/2 cups of sugar, 4 or 5 pounds of fresh fruit and fresh or root vegetables, 1 pound of meat, and 3 quarts of milk.

These amounts are intended to meet the needs of a family in which the father does about as much muscular work as that required by the carpenter's trade and the mother that required for cooking, cleaning, and general housework. If they both lead sedentary lives, the protein might safely be cut down by one-tenth or even one-eighth.

—Timothy hay is a very poor roughage for dairy cows, and should be used only when legume hay cannot be had.

—Says Hens Can Turn Grass into Greenbacks.—Farmers and poultry keepers are facing the highest feeding costs in their experience and many are wondering where they will come out this season in financial sense.

W. Theo. Wittman, poultryman with the Pennsylvania State Department of Agriculture, says that any farmer or poultryman that has a meadow or grazing field or any patch of land that has a sod that will grow all the season young, tender grass, has a feed factory at hand that will save fifty per cent. of the feed cost of poultry keeping the next six months. This applying equally to old and young stock; young stock especially.

Wittman says chickens on grass as above cannot be beat in the growth they will make in vigor and vitality and general good health.

He says, millions of chickens in this State are grass starved every summer and that no poultryman can afford to ignore grass this year. By feeding grass he will save grain for himself, grain for the country and increase by a hundred per cent. his chances of coming out financially on his chickens.

The grass must be short and young and to be so must be moved every four or six weeks.

—Specialist Advises Purchase of Poultry Feeds Now.—Many of our most successful poultrymen have in past years saved considerable money by purchasing feeds in June and July. There is no doubt of the wisdom of this practice under present conditions. In fact, this year it will be necessary for Pennsylvania farmers to purchase more feed than formerly from the local mills, if possible.

There are about 400 feed mills in this State at present. These mills have bran and middlings for sale during most of the year. In order to obtain sufficient bran and middlings for fall and winter use it would be well to order at once.

One of the big obstacles with which poultrymen have been confronted the past year has been the inability to obtain feeds. Fewer wheat concentrates will be available next year, due to the fact that more of the middlings is being used in the flour this year than heretofore.

Shipping conditions will probably not be much improved. The price of bran and of middlings has already been set for the coming year. Nothing will be gained financially by ordering feeds now, but the feed will be available when the farmer desires to use it. This is highly important for successful poultry keeping, according to H. C. Krandel, of The Pennsylvania State College poultry division. Poultrymen are, therefore, advised to locate and obtain as soon as possible wheat concentrates for future use.

—Weaning the Lambs Promptly is a Protective Measure.—Lambs may be safely weaned at fourteen weeks of age and should be weaned not later than July 1. If they are allowed to run with their mothers during July and August they will become heavily infested with worms and other parasites.

After the breeding ewe has continuously labored for and suckled her lamb she needs a period of rest in which to build up her physical condition for the mating season. If she is denied this much needed rest there will be danger of her not getting with lamb in the fall, and the percentage of lambs will probably be decreased.

Wean the lambs by placing them on a good, clean pasture not previously occupied by sheep that season, is the advice of The Pennsylvania State College animal husbandry department. This reduces the possibility of parasitic infestation. The ewes should be placed on a pasture that is short of grass in order to reduce and thus more readily dry up the milk flow.

The second day after weaning, the entire flock of breeding ewes should be thoroughly milked to prevent caked udders (garget). The ewes could again be milked on the fourth day, after which the majority of them will have gone dry. There will be a few heavy milkers that should be milked a third time. Too much emphasis cannot be placed upon the importance of thorough milking of the ewes, for the heavy milkers are generally affected. In case the udder becomes caked, the ewes are rendered valueless as breeders unless immediately and properly treated.

—In times of peace a weed is simply a plant out of place, but nowadays a weed is decidedly pro-German. It does the Kaiser's bidding in many ways, all of them effective in reducing the yield of the war garden and the enthusiasm of the gardener.

Weeds rob the garden crops of food and moisture; it is an unfortunate circumstance that the plants we grow for food lack the powerful constitutions of weeds. Weeds, furthermore, rob garden crops of sunlight and of air by their rank growth. They also attract and harbor injurious insects which are introduced to adjacent garden crops to the discomfort of the gardener. Dangerous garden-crop diseases are also carried over in weeds; some diseases could, in fact, not survive except for the kindly offices of certain species of weeds that act in the capacity of "bridge-heads." Taken altogether, it is quite as important to curtail weed propaganda as it is to stamp out the more apparently sinister varieties.

The remedy offered by The Pennsylvania State College is, "cultivate continuously." Another one, "Continuously" might be added.

Cultivation is, in part, the removal of weeds from between garden crop plants. It is best done while the weeds are small so that the disturbance to the garden crops will be the minimum. Cultivation is also breaking up of the surface of the soil. This is particularly important in the case of soils which are inclined to form a crust. A crust interferes with the admittance of rain and of air to the plant roots. Air and moisture are indispensable if the plants are to make use of the plant food in the soil. Cultivation should not necessarily be deep.

In fact, more injury than benefit will follow if roots are cut and disturbed.