

## Democratic Watchman

Bellefonte, Pa., August 13, 1926.

### THE ISLE OF BOREDOM.

As you sail through life take pains and steer  
Away from the island that lies too near—  
The isle of boredom, which all men fear.  
The island sets up like a shelf of rock,  
But woe to the sailor who lands at the dock  
And offers the people a chance to talk.  
For they talk all night, and they talk all day,  
And try as you will to get away  
They pin you down, and they make you stay.  
They talk of things they have done and said,  
They talk you awake and they talk you to bed  
Till you almost wish they would talk you dead.  
And the queerest thing and the one to deplore  
About the dwellers upon that shore—  
Not one of them knows that he is a bore.  
So steer away from that island shelf  
That is governed, they say, by a wicked elf.  
Lest you be a bore and know it yourself.  
—Ella Wheeler Wilcox in Youth's Companion.

### BUSINESS WOMEN IN NATIONAL CONVENTION.

"Where women render as efficient service as men they should receive a man's wages," declared John Ham-mill, Governor of Iowa, before the eighth annual meeting of the National Federation of Business and Professional Women's Clubs, held at Des Moines, Iowa, recently, as reported in the Christian Science Monitor. "Results obtained, not sex should be the determining factor in fixing the compensation for services performed," he contended. He believed that since women have become men's competitors in such a varied field of human endeavor, their equality should be based solely upon achievements.

In her address, "Help Wanted—Female," Miss Ida Clyde Clarke, of New York city, declared the best results follow united endeavor by men and women rather than sex discrimination. Civic clubs that appeal to men only are devoid of the broad concept that would result if men and women met together to consider great problems. She added:

"Every war is an evidence of man's inefficiency, for man is in control of all the machinery for preventing and for making war. Women should not be forced to suffer for man's incapacity to find some other way out of difficulties. The genius, the resourcefulness, the imagination of the other half of the human race should be applied before the entire race is dragged down into the wreckage of war.

"Such things as taxes and the tariff are just as much the concern of women as they are the concern of men. At present I consider that the organization that has the greatest opportunity to be the leading organization in America within the next decade, if it lives up to its name and its opportunities, is the Parent-Teachers' Association, because it is composed of both men and women and because it has a concrete purpose and a fundamental one. So long as we continue to work in sex groups—men here, women there—so long are we going to perpetuate and emphasize sex antagonism.

"Men are just as kind-hearted as women are and just as much interested in helping humanity. Women have no corner on tenderness. I find nothing on the programs of women's clubs that is not the concern of men, too. So let us get together in the interest of efficiency, and put the world on the same basis of co-operation that the home is on.

"No real progress is going to be possible so long as half the race is on the inside looking out. Business and professional women have come to be a very important element in the business of the world and they should assume their rightful place in the equation and stay there.

Over 5,000 representative business women attended this convention.

### Clearfield Co., Has Car for Each 8 Persons.

There were 13,448 automobiles or one for every 8 persons in Clearfield county, owned in this county last year, according to the first official report of the State Highway Department, showing the number of automobiles in the State and in various divisions, which has just been made public. No records for 1926 have yet been compiled. Clearfield county ranks twenty-ninth on the list with its 13,448 cars in 1925. The owners paid \$208,908 for registration and other fees during the year, this county also ranks twenty-ninth in the amount of cash turned over to the State Highway Department.

Philadelphia county led the State in number of motor cars with 214,972 and \$3,339,569 paid in registration and other fees. Allegheny county ranked second with 180,049 cars and \$2,708,419 in receipts.

Clearfield county as usual leads the cluster of which it is the center. Cameron county is last in the list with 676 cars and \$10,402 receipts. Jefferson county had 8,777 cars registered and paid in \$136,214. Indiana county surpassed that with 12,896 cars and \$200,274 paid in. Elk county had 4,519 cars for which registration and other fees amounted to \$70,105. Center county's record was 8,226 cars and \$127,456, while Clarion county had just one car less 8,225 and fees \$127,443.—From the Houtzdale Citizen.

The secret of radio howling has been discovered. Not by a scientist, either, but by a plain father. Radio, he explains, is in its infancy.

### Lowly Attic, "Orphan of the House," Comes to the Front.

The lowly attic, most abused spot in the home, is about to take on a new dignity, says the Celotechnic Institute of America. Advanced building methods forecast a bright future for this "orphan of the house."

The attic of tomorrow, according to the Institute, will go far beyond today's attic in the variety of uses of which it will be adapted. The present-day attic, if utilized at all for other purposes than storage, contains a little used room or two, and the discomfort of summer heat and winter cold is accepted by most people as a matter of course. The perfection by science of a new insulating lumber gives promise of changing all this. Heretofore, roofs built of ordinary materials served as a point of attack for the sun's rays in hot weather and allowed furnace heat to leak out in cold weather, making it almost impossible to keep the attic rooms comfortable. Now the same attics can be lined with the new insulating lumber which sheds the heat of summer and the cold of winter, and opens the attic for sleeping rooms, play rooms, workshop and a myriad of other uses. Thus a new dignity is brought to a much-maligned spot in the home, and opens for every-day use space otherwise useless. This new development also brings a very material saving in fuel.

Bagasse or crushed sugar cane fibre from the mills of the South is the material that goes into the making of this man-made lumber, according to the Institute. Previous to the discovery of its insulating qualities in walls, floors, ceiling and roof, tons of this waste material were to be found piled around the mills waiting for disposal, as a poor grade of fuel.

### Holding the Japanese Beetle.

In far away Japan the "Popillia japonica" may be just a common, everyday beetle, but when this creature in 1916 traveled 7,000 miles from its native haunts to New Jersey, the "Japanese Beetle" suddenly found its importance in a strange land. Safe from its native parasitic enemies, the oriental insect increased in numbers from a few to billions—spread into three States, broke into page one headlines in metropolitan newspapers, alarmed farmers and aroused scientists. Now the pest is featured on the motion picture screen by the United States Department of Agriculture in its new educational film, "Holding the Japanese Beetle."

Scenes in the new film depict the introduction of the pest into the United States, visualize its life history, show examples of the damage it has done to fruit trees, various plants and turf—and emphasize measures of control developed by Federal and State Departments of Agriculture. Among the various features are close-ups showing three hundred beetles attacking a single apple hanging from the tree; animated drawings tracing the progress of the beetle grubs during the ten months they live in the soil; the Dield fly, a parasite imported from Japan to help man fight the beetle; the spraying of orchards with coated arsenate of lead to prevent beetle damage; the treatment of turf with carbon bisulphide solution to kill grubs, and the enforcement of crop quarantine laws to help prevent the spread of the beetle.

"Holding the Japanese Beetle" was photographed in New Jersey, Pennsylvania and Delaware in co-operation with the departments of agriculture of those States. It is one reel in length. Copies may be borrowed for short periods, or may be purchased at the laboratory charge.

### Henry Shoemaker Heads Alpinists.

McElhattan, Pa.—The Pennsylvania Alpine club met at Shoemaker's Park Friday, Saturday and Sunday, July 23, 24 and 25, with two hundred Alpinists and friends present from Altoona, State College, Hollidaysburg, Lock Haven, Jersey Shore, Woolrich, Williamsport, Chambersburg, Pottstown, Loganton and Mifflintown.

Delightful camp fire gatherings were enjoyed Friday and Saturday nights. On Friday night the Alpinists were the guests of Col. Henry W. Shoemaker, around the fire. Delicious refreshments were served.

The following officers were elected for the ensuing year: President, Col. Shoemaker; Vice-President, Col. Lloyd, Williamsport; Second Vice-President, Harry McGraw, Altoona; Secretary-Treasurer, Phil Crouse, Altoona.

Miss Madeline Wright and Mrs. Marie Phillips, of State College, were among the Alpinists at Shoemaker Park over the week end.

### Woodlots in Demand as Picnic Grounds.

During August the picnic season is on in full swing and the farmer owning a splendid grove of big trees should think twice before consigning it to the possible ravages of picnic crowds, say State College forestry extension specialists.

The handsome groves of years ago where most of the community was accustomed to gather for outings are rapidly disappearing, and the farmer now owning one in a good location is indeed fortunate. Then they could be used for the asking, but today just ordinary second growth woodlots have a price tag fixed on them for a day's picnic use, and engagements must be made months in advance.

There is opportunity for satisfaction and pride in the ownership of a grove of real old trees, and besides, a very satisfactory annual return may be obtained which will compensate the owner well for his foresightedness.

She—I heard some one yell "fowl." Where are the feathers?  
He—Oh, this game is between two picked teams.

"How do these love triangles usually end?"  
"They usually turn into triangles."

### Changes in Thought

#### Aids to Progression

Most men are like a book. They constantly give expression to the same thoughts. They add no new chapters to their lives. Read them backward or forward, they say the same thing. They wonder why it is that their progress is so slow. It rarely occurs to them that they have allowed themselves to become as books. They have been diligent in their efforts to advance, but it has been along the same old beaten paths, the lines of least resistance.

A wise man abhors the idea of becoming a book. He has no vainglorious desire to go on record. He has no wish to be bound by precedent. His resolve is to maintain an unbiased mind in order that he may decide upon each new issue according to the complexities of the occasion.

Many believe it to be a mark of weakness to forsake a long-established opinion. They hold some opinions so long that they eventually come to look upon them as facts. But a fact today often becomes obsolete tomorrow. Absolute truth alone is unchangeable, but no man is ever likely to attain this goal.—J. H. Barringer. in Forbes Magazine.

### Add One Thing More to Wonders of Radio

R. M. sends us the story of a young bride who asked her husband to copy off a radio recipe she wanted, says the Boston Transcript. He did his best, but got two stations at once, one of which was broadcasting the morning exercises and the other the recipe. This is what he took down:

"Hands on hips, place one cup of flour on the shoulders, raise knees and depress toes and mix thoroughly in one-half cupful of milk. Repeat six times. Inhale quickly one-half teaspoonful of baking powder, lower the legs and mash two hard-boiled eggs in a sieve. Exhale, breathe naturally and sit into a bowl.

"Attention! Lie flat on the floor and roll the white of an egg backward and forward until it comes to a boil. In ten minutes remove from the fire and rub smartly with a rough towel. Breathe naturally, dress in warm flannels and serve with fish soup."

### Accidents of Nature

Great voices are rare and undoubtedly owe their wonderful purity of tone to an accidental combination of those physical characteristics which lead to the production of song. The human musical instrument, though built of living tissues, resembles in structure the reed organ pipe fitted with a vox humana stop. In both cases the note depends on the vibrations of a column of air produced in the organ by a reed and in the voice by the vocal cords. The human air chamber corresponding to the organ pipe is composed of the larynx and the bronchial system beneath it. The throat, mouth and nasal cavities form the resonators which, by alternation in shape and size, are able to pick out and emphasize component parts of the fundamental tones produced in the larynx. The lungs form the bellows which produce the upward blast of air, and upon their quality depends the loudness of the voice.

### World's Pipe Smokers

In the Far East pipe decoration constitutes an honored branch of art and the most eminent of designers, of carvers, of etchers, of lacquerers, enamellers and metal workers may contribute their quota to the embellishment not alone of pipes, but also of the tinder boxes, tobacco boxes and pipe cases that are associated with them. The predilection of these races for delicate shape and size has had its influence on the pipe-forms of other nations with whom they have been brought into contact, as, for example, on those of the Eskimos and Red Indians. In northern Siberia, where the Tungus race have made a home, the native pipe shows marked Chinese characteristics, including the small bore, which contributes to the slow consumption of the scarce weed.

### Fern's Long History

The fern is one of the oldest of land plants and its fossil remains are known in abundance from the Paleozoic era of geologic time, 100,000,000 years ago. Ferns were especially numerous during the Carboniferous period when hundreds of feet of their solidified remains were deposited to form the present-day coal beds, around which the industrial progress of modern civilization largely centers. Among the few living representatives of these very old types are the flowering ferns, a small but widespread group, and the Marattiaceae, which is now confined to a small number of species found only in tropical regions. In addition to these very old types there are today about 8,000 species of ferns known.

### Think of That

"Wow! Of all the trouble," exclaimed an exasperated clerk at a cigar stand in a downtown office building. "A full-grown man just came up to use the pay telephone. When he came out of the booth he wanted me to refund his nickel. He said he called the number of some folks who had lived at a certain address a year ago and found they had moved away. He said the party that answered the telephone told him so. And he demanded his money back. He was mad because I wouldn't give it to him. Highway robbery, he said. Can you imagine that!"—Detroit News.

### Convict Colony Like

#### Abode of the Damned

Mother Mary's island, the largest of three small islands about 200 miles off the coast of Mexico, appears to the voyager like an ideal spot, a tropic paradise blessed by nature with unbounded fruitfulness, where life should be easy, untroubled and luxurious. But instead it is the Devil's island of Mexico, a penal colony, and all of its 2,000 inhabitants except the governor and his 80 guards and soldiers, are convicted criminals, desperate men, lost souls, chafing against captivity from which there is no escape.

Most of the men have criminal records which, in other lands, would have sent them to the gallows or electric chair, and these are without hope of release save that of death, for none has managed to get away, though many have tried, says the Los Angeles Times.

A life sentence on the island is dreaded even more than the death sentence. This is because escape is impossible, for man-eating sharks abound in the surrounding waters and make the work of the guards comparatively easy. Those who have attempted to get away by swimming to freedom have served only to whet the appetites of the lurking monsters.

### Good Rules on Which to Base Conversation

Every one desires to be well liked by his friends and associates. Almost a hundred years ago the Youth's Companion printed some advice to its young readers on that subject, which is just as much to the point today as it was then.

Be not always speaking of yourself. Be not forward. Listen when spoken to. Avoid old sayings and vulgarisms. Be choice in your compliments. Command your temper and your countenance. Never acknowledge an enemy or see an affront if you can help it. Doubt him who swears to the truth of a thing. Dare be singular in a right cause; be not ashamed to refuse. Never appear to be in a hurry. Neglect not an old acquaintance. Make no one in company feel his inferiority. Talk not long at a time. Tell no long or doubtful stories. Hold no one by the button when speaking. Foretell not a slow speaker. Say not all you think. Give not your advice unasked. Remember few jokes will bear repeating. Learn the character of the company before you say much.

### Old Bill of Exchange

The oldest copy of a formal bill of exchange known to be in existence, at present, according to the periodical the Market for Exchange, is one dated at Milan on March 9, 1325, and runs in the original as follows:

"Pagate per questa prima littera (Lettera) a di IX. Ottobre a Luca de Goro Lib. XLV. Sono per la valute qui da Marco Reno, al tempo li pagate e ponete a mio conto e R. che Christo vi guardie Bonomeo de Bonomei de Milano IX. de' Marzo, 1325." Or, in English:

"Pay for this first bill of exchange, on the 9th day of October, to Luca Goro 45 livres; they are for value received here from Marco Reno; at the time of maturity pay the same to my account, thanking you, may Christ protect you. Bonomeo de Bonomei of Milan, the 9th of March, 1325."

### Guard Against Fire

More than 15,000 lives are lost annually by fire in the United States, the statisticians declare. At least that number of persons are seriously injured. It has been estimated that 65 per cent of these fires occur in homes, and the greatest percentage of the victims are women and children.

The majority of fires could be prevented in their incipency if proper methods of extinguishing them were at hand. There is a growing need for every household to be equipped with some form of fire extinguishers. There should be one at hand on each floor. While the fire department is rushing to the scene there are always a few minutes in which the occupants can do something to put out the blaze.

### City Financially Easy

Fez, the "Holy City of Islam in Africa," boasts of being a city which owes nobody, has no municipal or other debts, and has never raised a loan either at home or abroad. Its budget in 1925 amounted to 5,500,000 francs entirely covered by revenues, from taxation and the sale of concessions. Si Mohammed Tazy, pasha of the region of Fez, is also mayor of the city and every city document must bear his signature. The city government is composed of three distinct municipal commissions—Moslem, Jewish and French.

### Aa and Zythos Enrolled

Though the name Aaron Aarons usually is the first name on any alphabetical list in which it appears, the roster of the Australian forces which went overseas during the World war started off with the leader of all lists. It was the name of a half-caste islander who had enlisted with the "Diggers" and bore the simple name of Aa. The last name on the same list was Zythos.

### World Really All Right

The boy who everybody said a few years ago was going to the dogs is today the man who says other boys are going there. Too many men forget which way they were once headed before they came to their senses and started anew.—Grit.

### FOR AND ABOUT WOMEN.

#### DAILY THOUGHT.

The man who does not at least propose to himself to be better this year than he was last, must be either very good or very bad indeed! And only to propose to be better is something; if nothing else it is an acknowledgement of our need to be so, which is the first step toward amendment.—Charles Lamb.

The hat which made such a sensation at the Auteuil races is a debonair model of supreme Austrian velours, soft as a summer breeze and silky of texture and in flattering colorings. This exquisite felt is made up in the French fashion, right on the head, or one may see it in finished form. It's the hat Paris is wearing right now.

The fact of it is that this is a sweater year and in it the golf sweater occupies an exceedingly limited, though rarefied, area. The sweater which has really taken the slip-on and among such slip-ons none occupies a more exalted position than the striped ones often associated with Patou's sweater-like jumpers of wool jersey. These latter, by the way, are still worn by even the most fashionable spirits. They have, however, relinquished some of their former authority in favor of the plain ordinary slip-on.

I have dwelt lovingly upon the harmony which exists between the present day sweater and its skirt. Once more, however, I shall mention that no longer is this garment a foundling upon the doorstep of a wardrobe. It has come in with a flourish of attendants. Nowadays the former waif has not only a skirt which echoes it in color and often in trimming but occasionally a knotted silk kerchief that is equally obsequious.

Here, in fact, is one of the latest notes in the sweater world. Comes a white sweater banded in pencil blue. Then comes also a white silk handkerchief banded in the same blue and knotted carelessly around the throat. Oh yes, we are certainly whole-hearted in our matching these days.

This has been a summer of sleeves, collars and superlatives. Everything is very this or very that. Sleeves, as every one knows, are very important this year, and one further learns that they are very soft, very short or very long, sometimes very full, occasionally very close, many times very much embroidered—in any case very interesting. When collars are discussed, which is practically all the time in style centers, one hears that they are very original, very flattering, very much given to ends and bows. Speaking of bows, it is their summer too.

The accent this season is on softness. Curved lines, blousing, shirings, tiny tucks, plaits, loose panels, flares, and things of that sort all cater to this effect until the frock is a soft and feminine thing. Light and airy it makes the most of motion, blowing easily about, flying ribbon ends, fluttering full skirts and coloring the landscape with prints, plaids and polka dots.

Red is doing its best and brightest to make this a gay season along with black and white, navy blue and white, a new yellow called "sunny," crayon blue, mint-green, June rose, chartreuse and orchid. Tangerine is chic with a white, canary and jade print; violet and geranium colors are used on sand, and peacock and Nile green make a print that is unusually lovely.—From The Delineator.

The Craze for Reducing.—Women who use weight tables blindly, reducing, without the advice of their physicians, to weights which may be way below the healthy weights for them, are taking grave liberties with themselves.

There are of course hundreds, thousands of women who ought to reduce. They should find out the proper weight for them by having a doctor's examination, and then they should follow whatever diet the doctor recommends until that weight is reached.

After all, it is not the woman of mature years with whom we are principally concerned. It is the growing girl. A girl who because she is reducing, gives her candy to her mother instead of eating it herself, may be a Spartan, but she is almost sure to be underweight, and in her case that means undernourished, because she is probably cutting out not only candy but other body-building foods, which means that she is more liable to disease. She has definitely lowered her powers of resistance. She will be lacking in the quality of endurance.

The girl of today is more apt to fall back on her "nerve" and put her task over by sheer force of will, but nerve is very apt to become "nerves" when overworked, and "nerves" punish like a relentless fate.

The girl who by wrong postures and insufficient food has managed to reach the fashionable goal, where her hips measure less than her bent shoulders, may accomplish motherhood; but it will be a hard and perilous business for her, and her children are not to be envied. Not for a moment do I mean to suggest that the girl of today is the heartless and shallow creature that her detractors portray, but medical science, educators, parents, even employers, must join in getting over to young women the knowledge that by extreme reducing, or reducing by unscientific methods, they are doing themselves an irreparable injury. When reliable figures and advice to accompany them are available, as an outcome of the researches started by the recent Adult Weight Conference, every possible effort should be made to bring such facts to the attention of these slender daughters, so lovable and so beloved.—From The Delineator.

Chicken Gumbo.—One chicken, half cupful of salt pork fat, two sliced onions, three cupfuls of strained tomatoes, one teaspoonful of sassafras powder, 14 okra pods sliced, a little salt and red pepper. Dress the fowl and cut in pieces for serving. Put the pork fat into a frying pan; when hot add onion, seasoned chicken and cook until fowl is brown and tender; add remaining ingredients and cook for one and a half hours.

### FARM NOTES.

—During warm weather cans of milk should be stirred or shaken just before loading on truck or car to avoid churning on the road.

—Next year's strawberry crop depends upon the care the bed receives this summer and fall. Keep the plants growing vigorously by thorough cultivation.

—Growing pullets need plenty of room and fresh air if they are to continue to develop normally. Opening the colony houses and putting in plenty of perches will give plenty of fresh air and sufficient room for the growing pullets.

—A cover crop should be sown in the cultivated orchard, say Pennsylvania State College fruit specialists. This may consist of oats and crimson clover, buckwheat, rye and vetch, millet or whatever cover crop does best in your particular section.

—Cows in milk should be well fed at this time of year to guard against a rapid decline in production. A good grain mixture for cows on short pasture is 200 pounds corn meal, 200 pounds bran, 100 pounds linseed oil meal, 100 pounds cottonseed meal.

—During hot weather watch the dairy calves and keep them growing. They are quite susceptible to changes in feed and weather. Better not turn them on pasture under four months of age, and see that they have plenty of good feed, fresh water, and shade.

—Proper grooming, especially in the evenings, is often overlooked in the care of the work horse. Frequent watering assists the horse to endure the hot weather. Give the horses a drink the last thing before going to bed as the night is long and hot in many states.

—Poultrymen who are raising a large number of pullets can reduce the labor and time needed in taking care of the growing stock by locating the colony houses 100 feet apart in the form of a square. This shortens the distance to be traveled in caring for the pullets.

—Don't forget to take good care of old Dobbin's shoulders as the hot weather grows hotter. Be sure the collar fits without being "bushed" with a series of pads. Keep the face of the collar free from dirt and hair. Wipe it off at night with a cloth. Scraping with a knife will roughen it.

—Many hogs suffer from lack of water during the hot, dry days of summer. If the swine are watered in open troughs, these should be filled with fresh water several times daily. A cheap and efficient watering device may be made by attaching an iron trough, with float valve, costing about three dollars, to an old vinegar barrel.

—Possibility of great losses to the potato crop of Pennsylvania is seen in the increasing numbers of potato aphids found in many sections of the State. They are green, soft bodied, sucking insects which at certain stages are also pink in color. They are showing in sufficient number as to indicate a possible general out-break. Watch for them. If they appear add one pint of nicotine sulphate to 100 gallons of Bordeaux spray. The spray must be applied thoroughly, making sure that the tips and under sides of the leaves are covered.

—In addition to the question of vitamins, there is still another recent discovery in the science of animal feeding which promises to bring about just as radical changes in our feed practices. It has been known for many years that the feeding of cereal grains and other substances low in mineral matter or ash was not only uneconomical but in many cases was dangerous. Very little thought was given to this question, but of late years the conclusion has been reached by the leading nutrition experts that this was due to the low mineral matter as ash content of such feeds.

Practically all grains and carbohydrate feeds are low in mineral matter or ash, while the protein feeds are unusually rich in them. This accounts for the fact that protein feeds have met with such universal success in the usual feeding ratios.

—Cottonseed meal may be used profitably in the fattening of beef cattle for market, and only fat cattle will pay returns to the feeder.

"In feeding beef cattle, we must take advantage of certain facts, then give attention to the details," says Prof. R. S. Curtis of the animal husbandry department at the North Carolina State College. "One of these facts is that the staple fattening food for beef cattle is a nitrogenous one which normally produces growth rather than fat. But this cottonseed meal is a good fat producer if fed properly, and from 75 to 85 per cent. of its fertilizing value is incorporated in the manure. The other fact is that to sell beef cattle profitably, they must be fat."

Professor Curtis states that people do not like fat beef and sometimes compel the butcher to trim off part of the fat; yet, the fact remains that he must be fat, and naturally there is some surplus deposited in certain places, as over the back, the loins, ribs and intestines.

A steer may be put in condition by using cottonseed meal as the concentrate. The steer must never be allowed to get off feed but should be started off on one pound of cottonseed meal per day, supplemented by all the roughage he will consume. Professor Curtis points out that cattle have four stomachs, and if they are to get everything out of their feed, there must be a sufficient amount of roughage to fill the paunch reasonably full each day.

Professor Curtis suggests that one pound of cottonseed meal be used with five pounds of hulls or more to start with. Gradually increase this amount of cottonseed meal during a 30-day period until each animal is getting one pound of the meal to each 100 pounds of live weight. This can easily be figured out and the increase made gradually about two or three times each week until the full amount is being fed. Steers should be fed twice each day and the troughs kept clean and sweet.