

REFRIGERATION EFFICIENCY



By KATHERINE G. CORNELL
Director of the Kelvinator Domestic Institute

"FIRST plan your work, then work your plan," said some wise person. And his advice is good in every undertaking, whether it be the building of a battle ship or the correct use of an electric refrigerator.

A working understanding of the mechanics of the refrigerator will make it a much simpler matter to get the very best results. First, one should learn all one can of its construction, and study its insulation to see whether it may easily be kept clean and immaculate; whether its doors close securely and quietly, and whether the corners in the food chambers are rounded so that no bits of food or unpleasant odors may be harbored there.

Dry Cold Air Best

The type of atmosphere and the temperature of the inside of the refrigerator are of tremendous importance also. A dry-cold atmosphere is preferable to a moist-cold atmosphere, for the reason that moist air, unless it is very cold (45 to 50 degrees F.) will engender mold; and mold is the first step toward the formation of bacteria and decay.

Delicate berries; fragile, green vegetables; meat, milk, and eggs all require dry air for their safe-keeping. Cooked foods also require the dry-cold atmosphere of the electric refrigerator if they are to retain their nutritional qualities and their flavors.

Proper storing of foods is the next step toward complete refrigerator efficiency. And when we remember that cold air drops, while warm air rises, we have the



key to the entire situation. Therefore, all the more perishable products such as milk, butter, meat, milk desserts and soups should be placed on the lowest shelf.

Remove the wrapping paper from the meat and place it in a covered container. Keep butter and milk also in covered receptacles.

On the next to the bottom shelf store cooked foods and the leftovers, always closely covered. Also the fruit desserts that are being chilled or congealed.

Fish on Top Shelf

Lettuce, celery, and other fragile vegetables; the salad dressing, eggs, etc., come next. And on the highest shelf should be placed the cheese, fruit, melons, fish and any strongly flavored food.

Store berries, cherries and simi-

lar fruits in ventilated containers; and do not wash them until just before using them. Wrap pie dough or cookie dough in waxed paper and place on the top shelf of the refrigerator all ready to roll out when needed.

Air Circulation Important

It is well to leave a space between the food containers and the walls of the refrigerator to allow free circulation of air. It is the circulation of cold air in the refrigerator that preserves food.

You will save electric current in operating the refrigerator by opening the door into the food chamber only when necessary. Get all the foods ready to place on the shelves at one time; and when preparing a meal, take out the butter, milk, salad and fruit at one opening of the refrigerator door.

County Agent's News Letter

By C. C. McDOWELL, County Farm Agent

Grow Plants For Early Use In Sash Greenhouse

It is quite a problem for many vegetable growers, who operate on a small scale, to obtain economically early plants properly grown, free from diseases and insects, and from the best known seed sources. Hotbed plants are not early enough and southern-grown plants have not proved satisfactory.

Seeking a solution for this problem, W. B. Nissley, vegetable gardening extension specialist of the Pennsylvania State College, three years ago designed a small sash greenhouse for growing early plants. This house is 10 by 18 feet in size and is heated by an old discarded coal stove, or by gas. The greatest cost of the structure is 12 standard 3 by 6-foot hotbed sash. For the framework 2 by 4-inch lumber is used. The sides and ends below the glass are closed up with plain boards. These are covered with single-ply roofing paper and weather boarding placed on the outside. The posts and much of the other material can be found as scrap lumber on the average farm. The actual cost of constructing such a house averages \$75. When built according to this plan the house will be cheap, very tight, and thoroughly practical for the small grower.

About 30,000 plants can be grown in this house each season. The first sowing of seed generally is made about the middle of February. A month later plants from this seeding are placed in the coldframe for hardening. Immediately the house is filled again with transplanted plants, which in about another month will be transferred to the cold frame. The plants are grown in flats about three inches deep and of convenient size. This makes it easy to transfer the plants to different parts of the house, to the cold frame, or to the field for transplanting.

Plans for the construction of this house may be obtained from County Agent C. C. McDowell or directly from the Department of Vegetable Gardening Extension, State College, Pennsylvania. They are so simple and concise that the average person will have no difficulty in following them.

Milking Results Tell Which Feeds Pay Best

"Bossie" must pay for her feed if she is to return profits to her owner. One of the greatest savings possible in dairy feeding comes from feeding according to a cow's production."

A low producer should not be fed as much as the cow able to produce a large quantity of milk. Fed the same, the low producers will wipe out the profits of the good milkers. Feed the good cows all they need and cut down on the feed of the low producers. One pound of grain for 3 to 3 1/2 pounds of milk daily to Guernseys and Jerseys and one pound grain for 3 1/2 to 4 pounds of milk daily to Holsteins and Ayrshires, is a good rule to follow. The grain mixtures will vary depending somewhat on the breed of cows, the kind of roughage on hand, and the home-grown feeds available. The Agricultural Extension office will help any farmer work out a ration for his cows if information on breed, roughage, home-grown grain, purchased feeds and their prices is furnished him.

There are many commercial feeds on the market put out by honest and intelligent manufacturers. These should be purchased on quality and feeding results. In fact, any ration whether home-mixed or commercial should be judged by actual feeding results. The only person who can exercise this judgement is the one who feeds the cows and the only way he can tell is by keeping some simple records which show what feeds return the greatest amount of milk per dollar expended.

Use Shrubs To Set Off Home Grounds

Shrubs have a place of their own in landscaping the home grounds.

Use shrubs for border planting along property lines, for screening and separating the different areas of the property, for hedges, for foundation planting at the house, and as individual and group specimen plants at different points on the grounds.

Endeavor at all times to arrange shrubs in groups and use several plants of the same species in each group. Let these groups, in turn, unite with each other to form masses, for example, at the foundation of the house.

Too many free standing single specimen plants should never be used on the lawn, especially on small areas as this tends to clutter up and make the area appear even smaller. Two or three well-chosen and well-placed specimen plants generally are sufficient on the average home ground.

Taller growing shrubs are used to emphasize certain important points, such as entrances and corners of the house. This will give varied height to the planting and form what is

Uncle Sam Printer

The Red Wing, Minnesota, Republican said editorially, November 12, 1928:

"Uncle Sam's Post Office Department, which it is estimated will have a deficit of \$100,000,000 during the present fiscal year, will continue in the business of competing with local printers in the furnishing of printed envelopes, having recently awarded a contract involving more than \$15,000,000 in this connection.

"This means that one concern will have a monopoly of this amount of this amount of gross business, a large portion of which will be diverted from country publishers, who are practically the only class of business men with whom the government competes in this manner.

"The injustice of this practice is all the more marked because the printing is done for an additional charge of only a few cents a thousand over the cost of the plain envelopes—a charge so small that it covers only a fraction of the cost. The envelopes alone are priced higher than necessary in order to cover a portion of the loss on the printing, but the customer thinks he is getting a bargain because of this juggling of price quotations.

"Having been victims of this unfair competition for half a century, it is little wonder that country editors are practically a unit in opposition to government operation of business enterprises. All fair-minded business men should assist the National Editorial Association in its efforts to eliminate this Socialistic and un-American practice.

"There would be as much justification for the operation of retail stores by the government as there is for the retail sale of printed envelopes in competition with local printers."

BLOOD-RED LAKE

Bakersfield, Cal., Dec. 26 (Autocaster)—A blood-red lake fifteen miles South of Maricopa is a phenomenon attracting the attention of students for miles around.

WALKS UNDER LADDER

Evanston, Ill., Dec. 26 (Autocaster)—Mrs. A. F. Krieter was not superstitious, so walked under a ladder leaning against a building. The ladder fell and fractured her skull.

known as "skyline."

Whatever you do in planting, do not take everybody's word for it. Find a good example but do not copy it. Adjust it to your own home grounds.

C. C. McDowell, County Agent.

ELECTRICITY BRINGS SOCIAL DEVELOPMENT

In spite of the steady increase in recent years in the amount of electricity produced in the United States, the number of generating stations in operation is 543 less than in 1920, according to the United States Geological Survey. Small stations of uncertain efficiency, are being replaced by large stations serving wide territories.

An electric company can adequately serve a single community only when it can reach a large closely settled population. In sparsely settled sections, the area served must be sufficiently large to overcome the smallness of the population. To meet this need, pooling of power resources through interconnection of transmission lines, was innovated, and with outstanding success.

The result of this system is shown in an important agricultural state. Fifteen years ago a public utility investment company acquired nine plants in as many small towns and connected them into a unified system. From year to year more plants were added until the total, at present, is 140 in towns with average populations of 1800.

Previously, 46 of these towns had no electric service and many of them would have none today if they still were forced to depend on local plants. Of those which had electricity, 33 had only night service, and the remaining communities were served by small plants with limited facilities and at a high cost. Now all the communities receive continuous high-grade service.

Industrial decentralization, farm electrification and social development of small communities are to a great extent the result of uniform distribution of electricity.

"Let there be light," murmured the raven haired beauty as she drew forth the peroxide bottle.

DOC WISE



WITH THE POPULARITY OF GOLF, SOME LINKS PERSUADE HEAD GEAR AND BULLET PROOF VESTS!

How the Useful Plants Came to Mankind

By T. E. STEWARD
WNU Service

The Sweet Potato

THE sweet potato is one of the most widely dispersed of vegetables, being raised for food in places as far separated as Japan and Virginia. In China, the islands of the South seas, and in South America and the southern United States.

Novels tell of sweet potatoes growing wild in the South sea islands, but there is no final scientific evidence that they grew there in an original wild state, rather than escaping from cultivation to find friendly climate and soil in the fields and woods.

Many botanists have set the sweet potato down as a plant of American origin, due, in part, to the fact that of 15 varieties of the genus batatas, of which it is a member, 11 are found in America alone, while the other four are found both in America and in the Old world.

The geographer, Humboldt, quoted another authority as saying that Christopher Columbus, when he appeared for the first time before Queen Isabella, offered her sweet potatoes among the fruits and products of the New world which he brought back with him. Oviedo, who wrote in the sixteenth century, had seen the sweet potato cultivated by the natives of Santo Domingo and had himself introduced it into cultivation at Avila, Spain.

Early writers said also that it was from Spanish America that the sweet potato was taken to Manila and other eastern islands, whence it spread into the Malay archipelago and the South seas.

It is also an argument on the side of those who see an American origin for this useful plant that no Greek, Roman or Arab name for it has come down to us from ancient history.

But there are also potent arguments that it was known long ago in the Orient. Breitschneider, the German scientist, discovered references to it in a book published in China as long ago as the Second or Third century of the Christian era. And there is about as much authority for saying that it was a native of Tahiti and other South sea regions as for the claim that it was introduced there by the Spanish.

The old argument that the plant would have been spread throughout the civilized world much sooner than it was, had it been a native of Asia, gives added support to the claim for American origin, as does the fact that its principal spread in Asia and Europe has come since the discovery of America.

As yet the true sweet potato has not been found in an undoubted wild state on the American continent. Yet its cultivation in Virginia and the southern part of North America began very soon after that region began trading with South and Central America.

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What Flavor? "Emily, is there anything you want in the town this morning?"

"Yes, you might buy a jar of that traffic jam I've been reading about."

Puss! Puss! Puss!—"Don't you think Mary looks like a lovely flower?"

"Yes; like one of these century-plants."—Yale Record.

How the Useful Plants Came to Mankind

By T. E. STEWARD
WNU Service

Rice

RICE, the principal food of the teeming Eastern peoples, is native to China and to other warm, damp, regions in the eastern and southern parts of Asia, including many parts of India. As a cultivated grain, however, it is the gift of China to the world. For many centuries before Christ it was cultivated in China, Siam and India, and much more recently it spread into the Near East, and thence into Egypt. At the time of Alexander's expeditions into India, about 400 B. C., rice-growing had reached Mesopotamia, but probably not Egypt.

In the annual ceremony of planting instituted by the Chinese emperor, Chin-nong, in 2500 B. C., rice plays the principal part among the five food plants sown, which are rice, wheat, sorghum, millet and the soy bean. All of these were presumed by Chin-nong to be native to China. Certainly rice was, as was the soy bean.

In a treatise on the origin of rice, De Candolle reports that, "the Old Testament does not mention rice, but a careful and judicious writer, Reznier, has remarked several passages in the Talmud which relate to its cultivation. These facts lead us to suppose that the Indians cultivated rice after the Chinese and that it spread later toward the Euphrates, earlier, however, than the Aryan invasion into India. A thousand years elapsed between the existence of rice cultivation in Babylonia and its transportation into Syria, whence it was introduced into Egypt only after the interval of two or three centuries more. There is no trace of rice among the grain remains in tombs, or any depiction of it in the paintings of ancient Egypt.

A wild rice that belongs to the true family grows abundantly in certain districts of the northern United States. Wild rice also grows abundantly in some parts of India. It was inevitable, however, that a country so well adapted to agriculture conducted by irrigation as Egypt was, should eventually adopt rice. It was carried into Spain by the Arabs during the Moorish domination of the Iberian peninsula, but was not cultivated in Italy until 1408. About the middle of the last century it was brought to America as a field crop and planted in Louisiana, where it now flourishes, as it does on some of the adjacent lands in southern Texas, along the Gulf coast.

The Sanskrit name for rice was arunya, the ancient Greek, oruzon, the Arab name, rouz or arous, from which came the Spanish arroz. It can be seen that the English word bears a close relationship to these.

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Information Wanted—De Long—I understand you are taking a course in memory culture.

Shortleigh—Yes, that's right.

De Long—Have you got far enough along to remember that \$5 you borrowed of me last summer?—Boston Transcript.

Two girls, sisters, had their wedding ceremonies performed in an airplane speeding over Baltimore. But then they had to come down to earth, just like all brides.

How the Useful Plants Came to Mankind

By T. E. STEWARD
WNU Service

Wheat

MAN and wheat seem always to have been together. Wheat is in the picture of the life of mankind at the earliest point at which science, research and investigation have been able to give that picture an outline. Its cultivation in China goes back at least 2700 years B. C. In the remotest civilizations of the Valley of Mesopotamia of which any record has been obtained, wheat was a staple crop and staple food. The scientist, Unger, found grains of wheat in the bricks of a pyramid at Dashur, Egypt, which is believed to date from 3350 B. C., and wheat grains of the same form have come from Stone Age remains and rubbish heaps in the Swiss lake country and in Hungary.

Whether Aryan, Chinese, or Stone Age European of a type long since disappeared, mankind has had wheat at every point at which science has revealed anything accurate of his life.

The distribution of wheat, therefore, and the manner in which it was spread from one country to another cannot be described. The dispersal of this immensely valuable food grain had been accomplished by the most primitive men before history begins to depict them.

From this situation it might seem probable that wheat, ages ago, grew wild at a great many different places and was brought under cultivation by man, not at one isolated spot, but at different places about the globe. The best evidence obtainable, which is slight, together with the greatest probability, which is very strong, is that wheat is a native of the Mesopotamian region.

That wheat did originally grow wild in Mesopotamia was stated by one Berous, a Chaldean priest, whose statement has been preserved by the historian Herodotus. The "Odyssey" of Homer, telling of the travels of Ulysses, relates that wheat was found wild in ancient Sicily. Others have made the same claim, but as yet it remains unsubstantiated as far as modern science is concerned.

Wheat is frequently referred to in the Hebrew scriptures. Ancient Greek and Italian writings attribute its origin to some deity, such as Ceres, after whom the cereals are named. Isis of Triptolemus.

There is no exact proof of the locality in which wheat originated, but the best guess if guess it must be, is that it came from the principal region of ancient civilization, the Mesopotamian district between the rivers Tigris and Euphrates.

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His Only Refuge—"I'm glad to see you come to church so often with your wife," said the minister.

"Better not give me too much credit, parson," was the reply; "it's the one place where my wife keeps her mouth closed and lets some one else do the talking."

Got a Kick Out of His Job.—"What became of that hired man you got from the city?"

"Aw, he sed to be a chauffeur, and one day he crawled under a mule to see why it wouldn't go."

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