

The Farm

Food Value of a Quart of Milk.

Much attention is now being paid to the selection of feeds for our farm animals and but little heed is given to the comparative value of foods for the human family. We quote the following paragraph from Prof. Atwater:

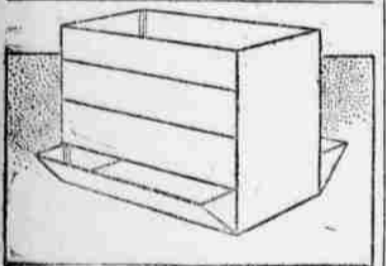
"A quart of milk, three-quarters of a pound of moderately fat beef, sirloin steak for instance, and five ounces of wheat flour, all contain about the same amount of nutritive material; but we pay different prices for them and they have different values for nutrient. The milk comes the nearest to being a perfect food. It contains all of the necessary ingredients for nourishment, but not in the proportions best for ordinary use."

Scarcely any of us realize what a valuable food milk is until we compare it with something else that we considered very good and are accustomed to paying a rather high price for it. Three-quarters of a pound of sirloin steak sells for about fourteen cents and a quart of milk for from five to seven cents.

It is not customary for the American people to look at the nutritive value of foods, but they purchase the foods that suit them, regardless of the amount of nutrients that they contain. If more attention were given to the purchase of foods upon the basis of nutrition, more milk would be used and less sirloin steak. —Hoard's Dairyman.

Hay Rack For Sheep.

With a rack made like the one shown in cut the sheep cannot rub the wool off their necks trying to get at the feed, neither will seed, dust and rubbish fall into the wool. They cannot pull hay down and muss it over.



Good Hay Rack For Sheep.

The rack is easily made, and lambs cannot get on top of the hay. Make the frame out of two by six's, says Farm and Home. For the end pieces at the bottom saw two by six's diagonally. The rack should be thirty inches high above the cross pieces and two feet wide. There should be a brace frame every four feet. If the sheep are to feed only on one side, make the rack eighteen inches high.

Dipping Angoras.

Although the Angora is not subject to the sea mite which infects sheep, yet he has a parasite which seems especially adapted to him. The goat louse has been upon the Angora ever since he landed in America, over fifty years ago. Some of the older breeders used to say that the Angora was not healthy unless he was lousy. To-day we know that it is impossible for a goat to be in prime condition and lousy at the same time. The question arises, how shall we get rid of the lice upon the goat? Some have tried blue ointment, rubbed into the groin or accessible parts of the animal. This is only partially successful, and the danger attending the use of mercury is extreme. Modern methods suggest the use of dips. The parasite is external and will die if suitable germicides are applied directly to the germ. But, having killed the louse, we still have the nit or egg of the louse to deal with. Probably we cannot use dip strong enough to penetrate and kill the egg without injury to the goat. Therefore we must wait until the eggs hatch and then kill the louse. This requires a second dipping, and this dipping must be done before this generation has time to lay its eggs. This should be between six and eight days after the first dipping.—The Epitomist.

How to Make Cottage Cheese.

The manufacture of cottage cheese on the farm can be carried on very extensively and some profit can be derived from it if it is properly made and put up into neat packages. Whole milk does not have to be used, but skim milk can be used in every case. The advantage in using skim milk is that a lot of the butter fat can be saved which would surely escape into the whey. By using skim milk all this fat can be saved and afterward added to the cheese and thus improve the quality of the cheese to a great extent. In fact different grades of cheese can be made by simply regulating the amount of cream added. This addition of cream to the cheese entirely changes the flavor of the cheese.

Twenty-four hours before the cheese is to be made, the skim milk should be set in a warm room having a temperature of from sixty to seventy degrees. A starter should be added to this milk so as to insure a proper degree of ripeness. If a starter is not added, undesirable bacteria are apt to get into the milk and thus spoil its flavor to a great extent. Even if the room in which the milk is being soured is perfectly clean, the undesirable bacteria are still liable to get into the milk, for these bacteria exist in the atmosphere and wait for just such a chance to multiply

and they surely will, very rapidly after they once get in there. An artificial starter may be used, but this is not absolutely necessary.

A good starter is prepared by taking a little buttermilk forty-eight hours before the cheese is to be made and mixing it up thoroughly with a little skim milk; in twenty-four hours this starter will be ready to be put into the skim milk to be turned into cheese. Warm the skim milk to about sixty-five degrees. Within twenty-four hours this milk should have a mild acid flavor and be thickened. The proportion of starter should be about five per cent. of the whole amount of skim milk used. Good success can also be obtained by using simply pure buttermilk as a starter, but the operator will have to watch very carefully to see that the buttermilk used is not too sour, for that will make the cheese taste too strong; on the other hand a mild sour taste in the cheese is desirable.

When the milk is fully ripened, heat it very slowly to ninety degrees and keep it at that temperature for about half an hour, for the curd will take that long to heat through thoroughly. Stir the milk slowly during the whole time that it is being heated so as to have the whole mass heat evenly. After this has been accomplished drain the cheese with cheesecloth until the whey stops dripping.

Mix enough salt with the cheese to suit your customers' taste if you know what it is; if not, suit your own. Work the cheese a little while mixing the salt until it is a trifle pasty; then add as much cream as the price that can be obtained warrants. Some customers will pay a higher price if more cream is added. Put the cheese into small balls and wrap it up in regular butter paper. This will make a nice appearing package, which will greatly facilitate the sale of the cheese and improve the price. A much higher price can often be obtained from the use of skim milk by making it into cheese than by feeding it to live stock.—J. Ratner, in the Country Gentleman.

Butchering Recipes.

The following recipes have been tried and not found wanting in our home: After the jowls are removed and the remainder of the heads prepared for cooking boil until the bones slip from the meat, remove the heads from the broth, salt, let stand until the grease comes to the top; remove the grease, and as soon as the broth boils stir in cornmeal just as for plain mush. This is good warm or sliced cold. Some prefer it well seasoned with pepper and sage; some prefer just salt. As soon as the heads are cold remove all the bones and gristle, run the meat through a chopper, season with salt, pepper and sage, pack in a crock, weight and serve cold in slices.

The liver that is not wanted for pies cook with the heads, or in the head broth. Cook until done, then allow it to cool in the broth. This prevents its being so dry (and this is true of any meat). Run through the chopper, season with salt, pepper and sage and mix in enough of the broth to make it moist, pack in crocks or dishes, weight and serve cold in slices; this is liverwurst.

There are some families who do not relish this dish at all. These should mix the ground liver with the head meat, part of it at least. The liver for frying should be sliced thin and allowed to stand in salty, cold water several hours, then drain, roll in cornmeal and fry brown in hot fat; when well browned pour in boiling water, cover tightly and allow it to stew for twenty minutes, uncovered, and when almost dry remove to a hot platter. Thicken the gravy with flour and milk, season well and serve in a separate dish.

The hearts should be soaked in cold brine until all the blood is drawn from them. Boil until tender with a piece of jowl, or other fat meat; allow them to remain in the broth until cool, then slice and serve so, or fill the cavities with a good dressing and bake until brown. Cover the heart with thin slices of bacon while it is baking. A calf heart is most excellent this way, and a hog heart almost as good.

After the tongues have been scalded and skinned, cook with the heads or hearts and remove the broth while yet warm, shape in a circle, press and when cold serve in thin slices.

All these meats should be cooked in seasoned broth, that is, seasoned with salt and pepper, the powdered sage should be added afterwards, and the sage will powder much better if it is heated in an oven, then powdered as soon as cool. Use care to not scorch the leaves else it will be ruined.—Indiana Farmer.

Not His Fault.

A first grade boy brought perfect spelling papers home for several weeks, and then suddenly began to miss five and six out of ten.

"How's this, son?" asked his father.

"Teacher's fault," replied the boy.

"How is it the teacher's fault?"

"She moved the little boy that sat next to me."—Lippincott's.

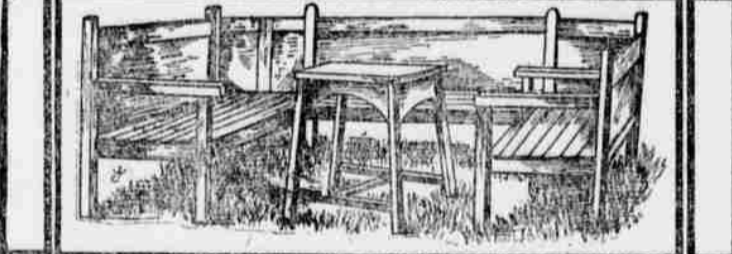
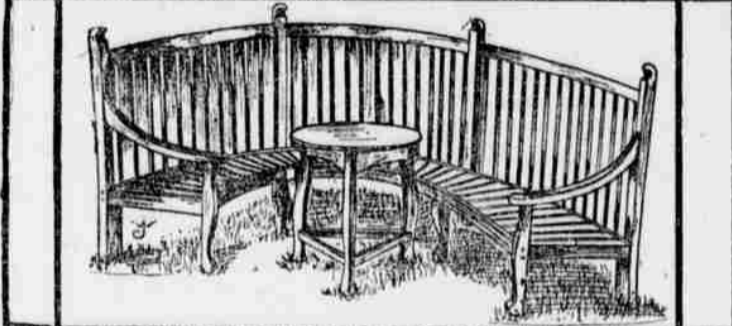
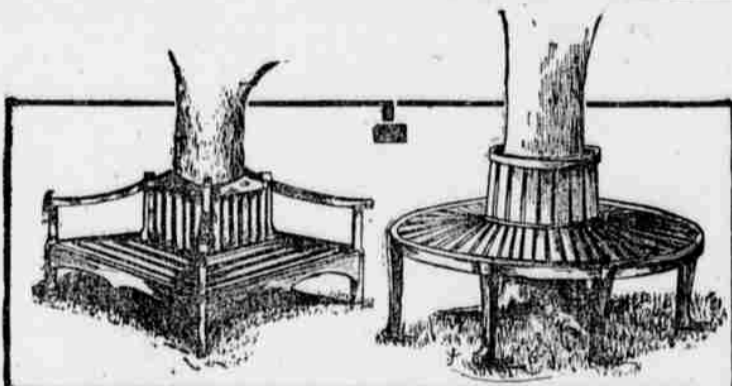
The South Metropolitan Gas Company of London apologizes to its customers for raising the price of gas from fifty to fifty-six cents a thousand feet.

On the Tombigbee River, Alabama, is enough limestone to supply a cement plant for 190 years.

LAWN AND GARDEN SEATS.

By FREDERICK KLEIM.

Perhaps no single condition better reflects the increase of our country's prosperity and its effect upon the home life of those who have shared in the material well-being than the growing love of the beautiful and particularly with the increased ornamentation of the home grounds, be they large or small, with trees, shrubs and decorative plants. Twenty years ago—even ten years ago—no such interest and affection was manifested. The suburban residents, with their horses, cows and chickens, were such an inconsiderable few that the public took but a languid, humorous, and somewhat cynical view of these disciples of the simple life.



LAWN AND GARDEN SEATS.

The refuge from the city and its atmosphere, care and money grubbing, was well enough, but all who sought an escape were not able for one reason or another to get into the country. Naturally they have been doing the next thing, bringing the beauty of growing plants, budding and blossoming, to them, and they have without a doubt changed the atmosphere of the home life much to its betterment.

But even with a different environment, it would seem that there still remained a problem. It may not be a serious one, in fact "how to enjoy" might resolve itself into the mere premise that enjoyment was purely a mental condition and subject, therefore, to an endless argument hopelessly entangled with the intricacies of unproven theories of psychology. In any event, physical comfort is essential to the full appreciation of the beautiful, as those will testify who have tramped through art galleries or along the Grand Canyon with blistered feet.

To enjoy your lawn on your flower garden for any length of time, to really get into its atmosphere and breathe its fragrance you should sit down. The most artistically arranged flower garden with its graveled paths lined with ribbons of growing plants or blossoms seems to offer you only an avenue for present enjoyment, and lack of garden seats, or places to sit down and rest, make the grounds as forbidding by their absence as the legend, "Keep Off the Grass," does by its presence.

Lawn seats, lawn swings, chairs and hammocks are so plentiful, varied, comfortable and reasonable in price nowadays that there appears but small excuse for their absence upon any lawn or garden. They are made in devious patterns and some are fitted up with patent contrivances, all intended, (and a good many live up to their purpose) to make the home-owner comfortable.

There are, however, a number of lawn seats which, because of their unique patterns, have a special appeal, and though they are somewhat unusual in design they do not lose their value for purpose of repose. From a purely decorative point of view they have marked an advance over most of the lawn furniture on sale in the stores. A great many adhere to straight lines, and indeed some of them partake of all the requisites to be placed in the mission-style class. Of course, the size of the lawn should have a great deal to do with the way the lawn seats are made, for a great, long, ponderous seat at the rear of a very small lawn area would be such a glaring incongruity that the tentative invitation to rest would be withdrawn from your mind by a picture of yourself trying to be inconspicuously comfortable in that particular place.

The semi-circular or rectangular benches, built of good, strong material, and looking sound and substantial, with a round or square table just within reaching distance, are exceedingly popular, and are particularly adapted, of course, for lawns and gardens of considerable area. Usually these benches are capable of comfortably seating from six to nine, but the design has been successfully reduced in size. When made of

lighter material and intended to seat comfortably but three they have a cozy look and invite little chats with her or suggest sessions with books and magazines, with the little table right handy to hold the fruit, cake, ices, tea or whatever the delicacy the appetite wishes to daily with on a lazy day.

The tree-seat everyone can not have, for the very good reason that all lawns are not provided with trees, and all trees are not trees for tree-seats. The tree-seat is a very ancient scheme for a resting place and the fiction of years ago dwelt with tender interest around the tree-seat which was the resting place. Upon large estates in this country the tree-seat is frequently found, in England it is quite common. They are made either square or circular about the

Fashion Notes

New York City.—The later developments of the over waist idea are exceedingly attractive and charming, many of them being made with much



modified loose sleeves. This one is exceptionally desirable and can be made to match the skirt or as a

Blouse or Shirt Waist.

Simple blouses are among the most fashionable just now, there being a very great tendency toward restriction in the use of trimming. This one is made in a distinctly novel fashion and is eminently attractive, yet is absolutely free of over elaboration. In the illustration the material is handkerchief linen and the fronts are made to lap one over the other, while both they and the cuffs are finished with little frills of the lawn, but the edges could be simply stitched, or frills of embroidered edging could be used, or again the waist could be made with plain hemmed fronts, as shown in the small view. Madras, linen and all the washable waistings and also taffeta, messaline and other light-weight silks are appropriate as well as the Scotch and the French flannels that are so desirable for the first cool weather and for traveling at all seasons of the year. The turnover collar, either made of the material or a separate one of linen, can be worn with the waist or it can be finished with a neck-band and worn with a regulation stock.

The waist is made with the fronts and the back. The back is quite plain, but the front is tucked at the



separate blouse as liked, while it is adapted to all the light weight materials of indoor wear. In the illustration it is made of crepe de Chine piped with velvet, with the fancy collar of taffeta embroidered, while the gumples is of a simple embroidered net. But while the crepe de Chine is both graceful and very fashionable, it is only one of a great many suitable things. All the pretty soft silks and wools are adapted to the design, and it can be varied in a number of ways. The fancy collar and the belt can be made of the same material or of a contrasting one as liked, or the belt can match the waist, while the collar is made of all over lace or some similar material. Again, the gumples beneath is adapted to all the nets and laces and also all the lingerie materials, while still again the over blouse could be made of such material as cashmere or veiling, while the blouse is a very thin silk or chiffon of the same color.

The gumples is a simple one with plain front and backs and with the full elbow sleeves. The over blouse is tucked in a novel and becoming fashion and includes sleeves that are graceful and that fall in pretty folds and lines. There is a shaped belt to which the over blouse is attached and the closing is made invisibly at the left of the back.

The quantity of material required for the medium size is three yards twenty-four, two and one-half yards twenty-seven or one and three-quarter yards forty-four inches wide, with three-quarter yard of taffeta for the collar and belt and three and one-quarter yards eighteen inches wide for the gumples.

Big New Sleeve.

A fashion which is making a great headway is the big, loose sleeve, or to describe it differently, a big drapey about the armhole, which answers as a sleeve. It is a wonderfully gracefully fashion and seems almost universally becoming. The idea is simply a development of the shoulder drapey which has been in vogue all season. It has now grown voluminous and is pushed farther off the shoulder.

When lapped as illustrated they are slashed on a diagonal line and the edges are finished as liked, but if a plain waist is desired they are simply hemmed. The moderately full sleeves can be made in either elbow or full length and the elbow sleeves can be finished either with the pointed cuffs or with bands.

The quantity of material required for the medium size is three and three-



quarter yards twenty-one, three and one-half yards twenty-seven or two yards forty-four inches wide with two and three-quarter yards of ruffling.

Curls Have Disappeared.

Curls have quite disappeared from the Parisienne's coiffure.

Ruffs and Boas in Favor.

To the many women to whom they are becoming it will be welcome intelligence that ruffs and boas are going to be worn. For the most part they will be wide and flat rather than fluffy and billowy.

Gray Kid Shoes.

Gray glace kid and smoke gray suede with patent leather tips are among the novelties introduced by the shoemaker.