

The Kitchen Cabinet

I wish, I can, I will, are the three trumpet notes to victory.

Happiness is a fact, not an attainment, it comes from within, not from possessions without.

CHEESE COMBINATIONS.

The wholesome cheese is a food in itself and when combined with vegetables makes a well-balanced dish.

Baked Cabbage With Cheese.—Remove the heart and outer leaves from a small head of cabbage. Cook until tender in boiling, salted water, uncovered. Drain and cut down the sides, fill with cheese sauce. Sprinkle with buttered crumbs and brown in the oven.

Cheese Sauce.—Add a tablespoonful of butter to two of flour and cook until smooth, then add a cupful of milk, a dash of red pepper, a half teaspoonful of salt and a cupful of dry grated cheese. Pour at once into and around the cabbage. Do not cook after the cheese is added or it will become stringy.

A cheese to be right for cooking, such as rarebits and fondues, should be smooth and melt when pressed against the roof of the mouth; feel smooth and without grains.

Bean and Cheese Roast.—Put a can of kidney beans through a meat grinder. Add an eighth of a teaspoonful each of mace and pepper, a teaspoonful of salt, half a clove of garlic, a cupful of grated cheese and half of a green pepper, chopped; add bread crumbs so that the mixture may be formed into a roll. Bake in a moderate oven. Serve hot or cold. Fine for a sandwich filling. If served hot, horse-radish sauce is good.

Horse-Radish Sauce.—Take a half cupful of grated horse-radish root, one and a half cupfuls of milk, two teaspoonfuls of sugar and a third of a cupful of soft bread crumbs; cook together twenty minutes in a double boiler, then add three tablespoonfuls of butter, a half teaspoonful each of salt and cinnamon. Serve hot.

Cheese With Rice.—Take a cupful of cooked rice, add a half teaspoonful of salt, and a cupful and a third of grated cheese, a half cupful of hot milk, then add four egg yolks beaten thick and fold in the stiffly-beaten whites. Pour into a buttered baking dish and bake in a moderate oven. Serve as soon as firm.

There is no medicine equal to a merry laugh—well mixed with fresh air. One secret of success—stick-to-it-iveness.

HELPFUL HINTS.

Tallow of beef or suet is too hard to use for shortening in a general way; but if tried out and mixed with equal quantities of lard it will be soft enough to use for any shortening. Cottonseed oil with suet has been used with good results, pouring in equal quantities of the oil when the fat is still hot. This fat is especially good for deep frying.

A five or ten cent dish mop makes a fine mop or duster to use to dust down the hardwood stairs, or to clean out the spiral springs of the bed. Treat the mop to a bath of kerosene and it will catch and hold the dust.

This same dish mop can be useful in keeping the sink and bathtub clean. Dip it in a cup of kerosene and it will remove all the dirt quickly, doing away with the scouring process.

An ordinary carpet sweeper, if dampened with water before using will take up the dust with less dust left in the air.

When washing windows add a little ammonia to the water instead of soap, the glass will be clearer.

Cellar or attic stairs which are dark should have the top and bottom stair painted white; this will prevent many accidents.

A heavy piece of sheet iron on the top of a gas stove will be found a great convenience. Foods will simmer and plates and dishes may be kept warm for serving.

When ink gets thick in the ink-well dilute with strong coffee instead of water, the ink will be better.

Stick pins through the corks of bottles containing poison and keep the bottles by themselves, then they will never be taken by mistake.

Soft corns may be permanently cured by the use of talcum powder and a small wedge of tissue paper to keep the toes apart. Moisture is the cause of soft corns.

Use a small blackboard eraser to clean the stove. Dip it in paraffin oil and it will keep the stove clean and black.

A wire hairpin makes a fine cherry pitter, a new one may be kept for just such purpose.

Nellie Maxwell

POULTRY FACTS

PLAN FOR HARD-SHELL EGGS

Mineral Elements Necessary Are Available in Much Cheaper Form Than in Feeding Grains.

The feeding of hens for the production of hard-shelled eggs, not easily breakable in handling, is possible and demands attention. Shells vary greatly in strength. A strop, heavy shell is not nearly so likely to be broken by the jars, jolts and rough handling incident to ordinary shipment as a weak one.

Chemical analysis shows that the shell of the egg is largely carbonate of lime, but that it also contains carbonate of magnesium, mineral phosphate and some organic matter. If strong shells are to be produced, the mineral elements must not be lacking. Grains that are ordinarily fed do not contain these mineral elements in sufficient proportions, and an additional and separate supply is necessary. Fortunately, these mineral elements are available in much cheaper forms than in grains. Lime is the principal ingredient of oyster shells. Iron, magnesium and often phosphorus in many kinds of artificial grit, may be procured for about the same price, while these elements in grain would cost at least double these figures.

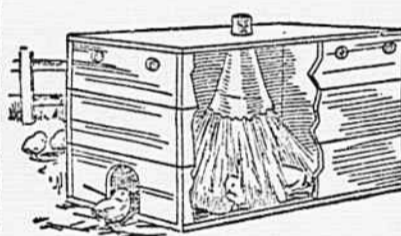
Bone meal contains phosphorus in appreciable amounts, besides lime, magnesium, etc., and while expensive, it is effective in giving the shell an evenness and fineness of texture which adds much to its strength. It is, therefore, often used as an ingredient for dry mashes for laying flocks, usually in amount varying from three to five per cent.

Eggs that won't break give the poultryman greater profits than eggs that will. Make your hens lay the non-breakable kind.

FEATHER DUSTER AS BROODER

Feathers Are Arranged in Center of Box to Take Place of Those of the Mother Hen.

A very effective brooder can be made of an old feather duster hung in a box so that the tips of the feathers will come close to the bottom. The brooder consists of a wood box about one foot high. This cover is removed, and a hole cut in the center to receive the shank of the duster after cutting



Feather Duster Brooder.

its handle off, writes William T. Miller of Rosindale, Mass., in Popular Mechanics. This makes an excellent substitute for the feathers of the hen. Some finely cut hay, or sand, is placed beneath so as to bring the level up sufficiently for the chicks to run among the feathers. For ventilation, bore some holes in the sides of the box near the top and cut a small opening for an entrance. For convenience in cleaning, the cover should be hinged.

WINTER FEED FOR THE HENS

Warm, Soft Mash Sometimes Have Effect of Making Fowls Lazy—Feed Sparingly in Morning.

Amateurs sometimes are puzzled to know how much to feed when throwing grain in the litter and are prone to overfeed, making it so easy for the hens to fill their crops that they will not work long. If a dry mash is kept before the hens at all times, the poultrykeeper may comfort himself with the thought that his birds need never go hungry even if they have difficulty in finding the grain they need to satisfy themselves.

The use of warm, soft mashes sometimes has the effect of making hens lazy. If a heavy feeding of mash is given in the morning, the hens will fill up on that and then stand around for several hours. If the amount of mash is made so small that their hunger is not satisfied, no damage will result.

A mash at the close of day is not advisable, but it may be given an hour or two before roosting time and followed with a feeding of whole corn. The corn will almost always be eaten, in spite of the mash feed just consumed, and the hens will go to roost with full crops, the digestion of the two kinds of feed taking a long time.

Demand for Hen Turkeys.

In marketing turkeys the hen turkey is more in demand than the male turkey. The market likes medium-sized turkeys. On some markets a 15-pound turkey or over must await special customers, but a 10-pound turkey finds a ready buyer.

Cure Feather-Eating Habit.

A feather-eater is seldom a male bird, but he suffers most from feather-eating. Burning the end of the bill, a cruel method, is recommended as a cure; also adding a teaspoonful of salt to each two quarts of meat is another.

FARM STOCK



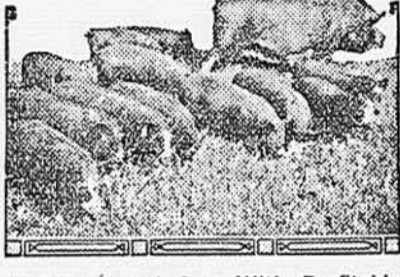
CAUSES FOR SMALL LITTERS

One Reason Which Contributes to Trouble More Than Any Other Is Breeding Young Sows.

"Can you tell me why my brood sows only bring between three and six pigs per litter?"

Replying to this question Prof. G. W. Barnes, live stock specialist of the University of Arizona agricultural extension service, says:

"If you have studied hog conditions in the United States you will find that about four pigs per litter is the average; and I can point to you men in Arizona who are actually raising for market two and three pigs to the lit-



Well-Developed Sow With Profitable Litter.

ter, yet the cost of maintenance of the brood sow is practically the same whether she brings two pigs or ten pigs per litter, which means that the farmers are losing a large percentage of profit by keeping such brood sows in their herds.

"There are several reasons why brood sows bring small litters, and I firmly believe that the one which contributes to the trouble more than any other is the practice of breeding sows too young. It is not uncommon thing to find sows weighing less than one hundred pounds with pigs. Usually you find them with only two pigs. The young sows which you intend to keep for brood sows should never be bred under nine months of age, and it is much better to wait until they are twelve or fourteen months old. Then if they are not full developed, wait a few months longer. Your brood sow is good for six or eight years, and, if by waiting a few months in the beginning before starting her on her life work, you can increase the size of her litters, you have certainly made good wages for those months. Another thing which contributes to no slight extent to cause small litters is the lack of exercise.

WEANLING PIGS GROW FAST

Greatest Gains for Feed Consumed Are Made in Early Life—Lard Hogs Becoming Unpopular.

The prevalent opinion seems to be that swine were designed to eat up the corn crop and grow into 300-pound porkers. Under certain circumstances there is a better profit in selling weanlings than in feeding them up to the usual market weights.

Exact trials at many experiment stations show that the greatest gains for feed consumed are made in early life and that as the animals grow older it takes more feed to produce a pound of pork.

The sucking pig grows very fast and converts nearly all of its rations into meat. If the sow is fed liberally she, too, will make some gains while supporting her brood. The weanling weighing 25 to 40 pounds is almost clear gain and will often bring ten cents a pound at this age.

On the same principle the 150-pound pig will make more profitable returns on feed consumed than if left until it weighs 250 pounds. There is an increasing number of farmers who prefer to sell light "bacon hogs" and fewer who continue to feed "lard hogs" up to the extra fat classes that were popular a score of years ago.

GOOD VENTILATION FOR HOGS

Frequently When Shed Is Closed Animals Become Heated and Must Inhale Impure Air.

Of little less importance than the ventilation of this year's crop of corn is that of securing proper ventilation for the animals that eat it, according to the Nebraska College of Agriculture. This is particularly true of hogs.

Frequently when the shed is closed tightly the hogs will become heated, as well as be obliged to inhale impure air. Such hogs, on being exposed to cold air, are likely to become susceptible to disease, especially pneumonia and so-called hog rheumatism.

Noose vs. Halter.

A rope with a noose in it is somewhat cheaper to tie an animal with than a good halter, but if the noose happens to slip, or the animal gets into some unusual position which draws the rope tight enough to choke the animal to death, the halter proves a whole lot cheaper in the end.

Dangers of Draft.

Drafts feel best when we are hot and perspiring, just when they are most dangerous and the result is Neuralgia, Stiff Neck, Sore Muscles or sometimes an attack of Rheumatism. In such cases apply Sloan's Liniment. It stimulates circulation to the sore and painful part. The blood flows freely and in a short time the stiffness and pain leaves. Those suffering from Neuralgia or Neuralgic Headache will find one or two applications of Sloan's Liniment will give grateful relief. The agonizing pain gives way to a tingling sensation of comfort and warmth and quiet rest and sleep is possible. Good for Neuritis too. Price 25c. at your Druggist. 1

Fire Insurance

There are considerable losses by fire everywhere. Over six thousand in my agency during the three and a half months of this year already. Nearly all of this is in the country. Have had several fires in town, but having many people to help extinguish them my town losses have not been over \$500.00 this year. I now have four good fire insurance companies, though they "dread the fire," and are careful and particular as to what they insure.

What insurance they do permit me to write, I know is good. These companies are: The South Carolina of Columbia, Southern Home of Charleston, Southern Stock Fire Insurance Company and Southern Underwriters of N. C. I have known these old line companies for years and know they are reliable. They all write town property, and some of them write country property where occupied by the owners, where not mortgaged, and where the stove flues are of brick laid FLAT, and the dwellings have a value sufficient to warrant a thousand dollars insurance or more—say worth \$2,000 and up. I could write all classes of property in Mail Order companies, but the brokers representing them say they do not guarantee the payment of policy in case of a fire. Drop me a card.

E. J. NORRIS.

Life Insurance

The PRUDENTIAL still has the Strength of Gibraltar. In addition to their unusually low rates, they are now making these rates still lower by giving extra and free annual dividends. Besides, they give free the disability provision, which provides that in case you are totally disabled you are excused from paying the premiums, though your insurance goes on.

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We have a policy which pays your beneficiary \$25.00 per month for twenty years, and one that pays the same amount as long a beneficiary may live. Drop me a postal.

E. J. NORRIS, Agt.

Notice.

I desire to notify my friends and the public generally that I am agent for the National Monument, Tombstone and Mausoleum Company of Canton, Ga., and solicit your orders. This company is located near the marble and granite quarries of Georgia, and is in a position to make very low prices on all classes of work. I shall be glad to call and see any one interested.

J. F. PARDUE, Colliers, S. C.

April 12, 1916.

WINTHROP COLLEGE. SCHOLARSHIP AND ENTRANCE EXAMINATION.

The examination for the award of vacant scholarships in Winthrop College and for the admission of new students will be held at the County Court House on Friday, July 7, at 9 a. m. Applicants must not be less than sixteen years of age. When Scholarships are vacant after July 7 they will be awarded to those making the highest average at this examination, provided they meet the conditions governing the award. Applicants for Scholarships should write to President Johnson before the examination for Scholarship examination blanks.

Scholarships are worth \$100 and free tuition. The next session will open September 20, 1916. For further information and catalogue, Address Pres. D. B. Johnson, Rock Hill, S. C.

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