# LUMBER!

Though America's logging industry has been on the downgrade several years because of heavy imports, this spring one of the largest timber log drives ever run in New England took place near Machias, Maine. Over 4,000,000 feet of lumber—pine, hemlock and spruce—was floated down the river to the Whitfield mill 45 miles south. Lumberjacks work hard all winter but the drivers have more adventure during the drive when they must balance themselves on swirling logs, pry open jams and sleep in a different "home" every night. They wear caulk shoes with spikes.

There's little waste time or waste space in the camp's kitchen where Cook Leonard Elwell prepares 240 meals a day, moves 35 miles down the river and sets up his equipment again. To supply 60 men participating in the last drive he cooked 500 doughnuts, 500 sugar cookies, 200 biscuits, 16 loaves of bread, boiled four hams and cooked 50 pounds of beef, all on the above stove. And it was plenty good, if the young driver at the right knows what he's smiling about!

They eat four meals a day, these drivers, and when the day is over they sit around the campfire and chat about one of America's most colorful industries, logging, a business that demands hardy men who like outdoor life and isolation. Gone forever is the heyday of America's logging industry with its Paul Bunyan and blue oxen, but the colorful picture of north woods life will live forever in song and story.

**No Horsehair Snakes**

Not horsehair, not snakes, but trematodes are the wiry wrigglers which resemble living horsehair. They are parasitic to grasshoppers and sometimes to skunks. When rainbarrels used to stand under roofspouts, they were often found there.

**Sargent, Painter, Born in Italy**

John Sargent, American painter, was born in Florence, Italy, and educated in Italy, Germany and France.

**Masquerade Common Practice**

"There is always more or less of a masquerade," said Uncle Eben. "Even a young man going home on a vacation hopes people on the train will size him up as a smart drummer for a big business concern."

**Skyline Drive in Virginia**

The elevation of the Skyline drive in Virginia varies from 2,500 feet to 3,800 feet. The highest point is at Skyland, which is ten miles south of Panorama, Va.

## Roses

By MARCIA DINSMORE

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"WELL, do you find Rayville changed?" The satisfaction in Carrie's tone bordered on smugness. She was greeting an old friend.

**SHORT SHORT STORY**

Amelia turned to give her a curious look. The little railroad station seemed suddenly drearier than ever. Had people, then, forgotten so easily? Did Carrie really think that the little girl who had been turned so piteously from the town, sent to the cold comfort of an orphan asylum, could forget, even after all these years?

"You know I lived here only a few months," she replied tonelessly.

"Oh, of course." Carrie was uncomfortable. "You were about ten, weren't you?"

"And I'm thirty-five now."

"And rich," commented Carrie enviously.

"And widowed," replied Amelia quietly. A short silence fell, while Carrie searched wildly for platitudes. The door opened, bringing with it a gust of rain from the night. Amelia stared at the newcomer, a little wizened woman dressed in black and bedecked with pink roses, made of paper.

"'All about my gala hat I wear a wreath of roses.'" It was the cynical voice of the sophisticated woman who spoke, but Amelia's heart beat wildly.

'What? Oh, her." Carrie's tone was tinged with contempt.

'Mad Mary, we call her. She's not really mad, of course. If it weren't for those ridiculous paper roses she'd be thought sane enough."

'Does she always wear them?" Amelia's voice was a whisper.

"Always."

"I think I'll stay in Rayville after all, over night," Amelia said irrelevantly. 'Do come and tell me more about this Mad Mary, as you call her."

As they rose Amelia came face to face with the little withered woman decked in paper roses. They eyed each other for a long, tense moment, then Amelia turned abruptly away. She heard small, pattering feet hurrying after her, and when she emerged into the darkness outside she found a pink paper rose clutched tightly in her gloved fingers. She thrust it hastily out of Carrie's sight, but her brow puckered in puzzled thought. Roses! Pink roses!

"Since Mad Mary is the only thing in this town you've deigned to be interested in," began Carrie, sinking back in the limousine in some annoyance, "I'll tell you what I know.

"She came here about 20 years ago, I should say, and settled for no reason at all in the old Carter mansion on the hill. All alone, you understand, and no one dares go near her."

Amelia caught her breath sharply, and leaning forward, spoke to the chauffeur. "The old Carter mansion," she repeated slowly. "Can you possibly have forgotten, Carrie, that that was my home?"

Carrie flushed. "Oh, but that was years ago," she said, with a dismissing gesture.

"I lived there less than a year, Carrie. When my parents were—drowned—in a double catastrophe, shortly after our arrival in town, I was allowed to stay in the Carter house—till I was found to be penniless. Then I was shipped to an orphan asylum. Rayville refused responsibility."

"Oh, no!" Carrie gasped. What had happened to Amelia? Why rake up the past?

"Probably you all knew then what I have learned recently—that my parents were not drowned."

Carrie sat up. "Not drowned!"

"No. My father reached a crisis in his life. He couldn't go on as he was. But it was June and life was sweet. So he just—disappeared."

"And your mother—she deserted you?"

"It was a bitter choice he forced on her, to go with him or stay with me. Of course, she went. He came first with her always." The clear voice faltered. "I wouldn't have understood then. I do now."

"Why are you telling me all this?" Carrie was rigid with horror.

"Because I want you and Rayville to know it."

"Where—where are they now?"

"My father died shortly after."

The car stopped. "We've circled around a bit," said Amelia. "The chauffeur will take you home." She stepped out quickly in front of the Carter mansion and shut the car door.

The front door was unlocked, she found, the light switch where she remembered it. Familiar furniture leaped into radiance, pictures bedizened with the bright pink of June roses.

A rustling sound came from the next room. Frightened, hesitating footsteps approached the door.

"Who—who is it?" quavered a voice, and a small, wrinkled face came into view.

Amelia tossed off her hat. June! Time of roses! Her fingers trembled as she ran them through her hair, feigning calmness.

"It's Amelia, mother," she said gently. "I've come home."

**Played the Guitar**

Handel, Schnabel, Rossini, Donizetti, Verdi, Gade and Mahler all played and composed on the guitar. Franz Schubert, too poor to own a piano, used the guitar to work on his compositions.

**Invented the Ukulele**

The ukulele is not a native instrument of Hawaii, as generally supposed. It was introduced to the islands about 1877. Its invention generally is attributed to Manuel Nunez, a Portuguese.

## FARM TOPICS

### SHOULD CHECK ON GROWTH OF CHICKS

#### Flocks May Be Developing Too Slow, Too Fast.

By Dr. W. C. Thompson, Poultry Husbandman, New Jersey Agricultural Experiment Station. WNU Service.

It is a part of good business management for the poultry producer to know whether his chick flocks are growing at about the rate which should be expected of average, well bred, healthy chicks.

It may be that the rate of growth being shown by a given lot of chicks is not up to par, or it may be that they are growing faster than experience has indicated as being optimum. Chick growers, therefore, should have some sort of standard so that the development of chicks during the growing season may be measured.

This does not mean that it is necessary for the poultryman to weigh all of the chicks every week or two. He may obtain a good average by weighing any ten chicks caught at random at each weighing time. Average White Leghorn pullet chicks should weigh 39 pounds per 100 at the end of the first month; 68 pounds at the end of the sixth week; 109 pounds at the end of the eighth week; 171 at the end of the twelfth week; 240 at the end of 16 weeks, and about 338 pounds per 100 pullets at the end of 24 weeks. The seven corresponding weights for heavy breed pullets, such as Rhode Island Reds, New Hampshires or Barred Plymouth Rocks, are 18, 43, 83, 130, 213, 304, and 427 pounds per 100 birds.

These weight standards can be copied on a card and nailed on the feed room door or kept in another convenient place for comparison with average weights of this year's pullet flocks determined from time to time. One need not worry if pullet flocks are running at just about the level of these standards, or somewhat heavier, but if they are running at considerably under these standards, inquiry should be made as to the probable cause. Experience teaches that unless pullets develop at approximately these rates, they cannot reasonably be expected to reach egg-laying maturity at the normal time and be in condition to continue through a long year of normal egg yield.

Next year's pullet layers are in the making in this spring's chick flocks and this summer's growing pullets. It is important to keep an eagle eye on their rate of growth and make sure that it does not depart too far from normal expectancy.

### Many Soybean Varieties Needed for Varied Uses

Breeding to improve the soybean is only beginning, but the chances are bright, says W. J. Morse of the United States Department of Agriculture. New varieties are needed, even though the department and the states have already imported more than 10,000 lots of seed.

Soybeans are particular in their local requirements, are more variable than many plants, and are grown for a variety of purposes. A good forage variety for one area may not do at all well elsewhere. A good forage bean may not be a good milling bean, or be useful as a vegetable.

Some growers want soybeans for forage; others for oil and meal processing; still others as vegetables. The result is that each local area in the soybean regions needs a soybean variety that will do well in that particular place and for a definite purpose. Such an area may even need two or three varieties—one for forage, one for high oil or protein content for the mills, and a third for the table.

The soybean is a self-fertilized plant. Artificial crossing is difficult and tedious, but it can be done.

### In the Feed Lot

Train beans to a pole or a fence for maximum yield.

• • •

Hens of all ages should be carefully culled until September 1.

• • •

Chickens take dust baths to rid themselves of bird-lice.

• • •

Eggs are an important source of iron. They also contain calcium, sulfur, and phosphorus in goodly amounts.

• • •

A correctly adjusted plow does better work, saves time and pulls easier.

• • •

Eggs at room temperature beat more quickly and to a greater volume than do eggs beaten when taken from the refrigerator.

• • •

For fence posts, black locust is the tree to plant, but other kinds are white cedar, European or Japanese larch.

• • •

Every hour of the day and night, a thousand pound cow breathes in and out about 2,880 bushels or 3,600 cubic feet of air. This air weighs about 270 pounds.

• • •

For each pound of soil eroded from a field planted to grass or a cover crop, 100 pounds will be lost when the same field is producing corn.

• • •

Avoid extreme drops in temperature in the poultry laying house by better insulation and by the use of artificial heat.

• • •

Although celery can be grown on any good loamy soil, the best soil is a good type of well-drained peat or muck.

# WHAT to EAT and WHY

## C. Houston Goudiss Noted Food Authority

### Explains What Is Meant by CORRECT NUTRITION

#### Describes How to Construct a Balanced Diet, So Essential to Maintain Optimal Health

By C. HOUSTON GOUDISS

6 East 39th St., New York City.

TO SOME families, a summons to the dinner table means nothing more than a chance to satisfy hunger. To others, it represents an opportunity to gratify the palate, sometimes to the extent of overtaxing the digestive system.

*Neither of these extremes fulfills the true function of food, which is to provide adequately but not to excess, for growth, maintenance and repair of the body.*

—★—

**Food May Fail to Feed**

You can satisfy hunger without providing correct nutrition. You can partake of delicious-tasting foods to the point of overindulgence — without meeting bodily requirements.

The mere spending of money will not insure good nutrition, for extremely poor diets can be found in households where the income is large and the food budget is ample. What counts is learning to provide the right foods in the correct proportions. The return in health will be more than worth the investment of effort in acquiring this knowledge.

—★—

**A Balanced Diet**

Science has discovered what foods are necessary to help build top health and keep us 100 per cent fit. The amount of food required by a man for a day's work can be accurately determined. We know that a specific disease may be produced by one diet and cured by another; that growth can be influenced through changes in the quality of the dietary; that old age may be deferred by choosing the food with care.

We know that the body is a working machine which never stops but may slow down or get out of order unless the daily diet includes every element, every mineral, every vitamin needed to maintain health and avoid the deficiency diseases.

—★—

**Seven Essentials**

There are seven factors to be considered in planning a balanced diet. Protein for building body tissue and repairing the millions of cells that are worn out daily. Carbohydrates to produce quick heat and energy. Fats—a more compact form of fuel, which are also essential in a satisfactory diet. Minerals which serve both as builders and regulators of body processes. The six vitamins, A, B, C, D, E and G, that also act as regulators and prevent a number of deficiency diseases. Water—which serves as a vehicle by which food is carried to the tissues. And cellulose or bulk—required for the normal functioning of the intestinal tract.

—★—

**Danger in Omitting One Food Substance**

**The homemaker who fails to take every one of these factors into consideration is depriving her husband of the opportunity to develop his greatest efficiency. Moreover, she may be robbing her children of their birthright. During every day of childhood, the body is being built, and defects in body structure are likely to arise if the child is improperly nourished. It is then that disease and disability make their appearance as a result of faulty nutrition. How tragic to deprive the young body of substances so necessary to its well being.**

—★—

**How to Check the Diet for Balance**

Perhaps you are like the homemakers who tell me that they do not know a protein from a carbohydrate. Or it may be that while you understand the difference, you do not know what quantities should be included in the diet each day.

To simplify your task of serving balanced menus at every meal, I have prepared a Homemaker's Chart for Checking Nutritional Balance. In convenient chart form, it shows what foods should be included in the diet every day and gives the standard amount for each food. There are also skeleton menus outlined by food classifications, which enable you to plan balanced menus for every meal by making a choice from each group of required foods.

I urge every homemaker to write for this chart, and use it daily. Then you won't make such common mistakes as serving a dried legume as a vegetable at a meal in which meat is used, which tends to concentrate too much protein in one meal; or choosing a too-heavy dessert following a main course that is overly rich in carbohydrates.

—★—

**60 Per Cent Carbohydrates**

Carbohydrates should form at least 60 per cent of the supply of food fuel. Rarely are menus deficient in carbohydrates, because they are so widely distributed in such common foods as cereals, bread, potatoes, macaroni products, sweets, and sweet fruits and vegetables, such as oranges, grapes, apples and peas.

Fats should supply about 20 per cent of the caloric content of the diet. They are obtained from butter, margarine, cream, egg yolk, salad dressings, vegetable oils and the fat of meats.

A protein food should be provided at each meal. Meat, poultry, fish, eggs, cheese, milk and most nuts supply complete protein. Cereals and legumes furnish incomplete protein which may be supplemented by the complete protein of milk.

—★—

**The Protective Foods**

It is essential that the diet should contain an abundance of minerals and vitamins which are furnished by the protective foods—milk, eggs, fruits and vegetables.

Cellulose or bulk is obtained from fruits, vegetables and whole grain cereals. Water comes from juicy fruits, succulent vegetables, milk and other beverages, as well as the water that is consumed as a beverage.

To provide adequate amounts of the seven food essentials at every meal—to avoid the mistake of serving too much of one type of food and too little of another—should be the worthy aim of every homemaker. You will find the task considerably easier if you send for the Homemaker's Chart. Tack it up in your kitchen or in the room where you plan your menus, and use it to check the nutritional balance of every meal you prepare.

If you faithfully follow the food program outlined in the chart, you will help to assure your family of correct nutrition. **This is the most priceless gift you could bestow upon them. For nutrition is the architect that draws the plans of human destiny. In providing the right foods, you lay a firm foundation for health on which to rear a life of happiness and success.**

*Free*

**Homemaker's Chart**

*for Checking*

**Nutritional Balance**

PLANNING a balanced diet will cease to be a puzzle if you send for the Homemaker's Chart for Checking Nutritional Balance, offered free, by *C. Houston Goudiss.*

It lists the foods and the standard amounts that should be included in the daily diet, and includes skeleton menus for breakfast, dinner and lunch or supper, to guide you in selecting the proper foods in each classification.

A postcard is sufficent to bring you this valuable aid to good menu planning. Just ask for the Nutrition Chart. Address C. Houston Goudiss, 6 East 39th St., New York City

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### Questions Answered

**Mrs. F. C. T.**—Dried figs contain from 60 to 70 per cent sugar and 4 to 5 per cent protein. They are a fine energy food.

**Mrs. A. G.**—Prunes are a fine natural laxative food for those in normal health. They furnish vitamins A, B and G. But they must not replace oranges or tomatoes as they do not supply vitamin C.

**A. F. B.**—When thorough chewing is impossible, food can be finely minced or put through a sieve, to make it easily digestible.

**Mrs. G. L.**—There is evidence that a lack of vitamin A more quickly affects the eyes of children than adults. However, both children and adults require generous amounts of this vitamin to help maintain healthy eyes. A shortage may affect the tear glands causing a failure of secretion and dryness. The membrane becomes sensitive and inflamed, and the lids may swell.

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## For Tea and For Tennis

TWO of the most important things for midsummer are: a sleeveless dress of the most casual sort for sports and daytime, and a cool dress with cape or jacket, to wear on the street and for afternoons. The two here suggested represent the very best of these types. Make them yourself, in fabrics and colors of your own choosing, and rejoice in the knowledge that you have some very individual new clothes.

**Sleeveless Sports Frock.**

Even if you never take a tennis racquet in your hand, you'll enjoy having this cool, classic dress for summer daytimes. In pique, linen, seersucker or gingham, it will look and feel so cool and fresh! Perfectly straight and plain, it has darts at the waistline to make it fit with becoming slimness. This is a diagram pattern—practically nothing to make!

**Afternoon Cape Ensemble.**

With or without the cape, this dress with lifted waistline to flatten the midriff, is a charming, slenderizing style. The cape is a darling—puffed high at the shoulders, and made with arm slits so that it won't be always slipping off your shoulders. Make this design in georgette, chiffon, linen, or in a pretty combination of plain or printed silk.

**The Patterns.**

Pattern No. 1544 is designed for sizes 14, 16, 18, 20; 40 and 42. Size 16 requires 3⅝ yards of 39 inch material for the dress; 2¼ for the cape; to line cape, 2¼ yards.

Pattern No. 1546 is designed for sizes 12, 14, 16, 18, 20; 40 and 42. Size 14 requires 3 yards of 35 inch material. 3½ yards bias binding to trim as pictured.

**Success in Sewing.**

Success in sewing, like in any other field, depends upon how you approach the task in hand. To help you turn out clothes professional looking in every detail, we have a book which plainly sets forth the simple rules of home dressmaking. The beginner will find every step in making a dress clearly outlined and illustrated within its covers. For the experienced sewer there are many helpful hints and suggestions for sewing short cuts. Send 15 cents (in coins) today for your copy of SUCCESS IN SEWING, a book every home dressmaker will find of value.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

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### Boy's Town

In Nebraska there is a town completely run by boys. The idea of having a boys' town for homeless boys was the conception of Father Edward J. Flanagan of Omaha, Neb. The town is situated 10 miles west of Omaha and comprises a million-dollar plant with 320 acres of farmland, 11 modern buildings and accommodations for 200 boys. It is a self-governing community with the control completely in the hands of the boys.

There is a boy mayor and six commissioners comprising a city council. The board of advisers consists of members of the school faculty.

*Send for this Free*

**Blood-Building Diet**

*Including Lists of*

**Foods Rich in Iron and Copper**

READERS are invited to write for a free bulletin containing a list of foods rich in iron and a list of those rich in copper. Also included are sample menus showing how to plan a balanced diet containing generous amounts of foods rich in these blood-building minerals. Send your request—a postcard will do—to C. Houston Goudiss, 6 East 39th Street, New York City.

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