From The Field

Courage is worthy of a song
With skill a golden interlude,
But when the road is rough and long
Bring me the gift of fortitude,
Sole conqueror of heckling Fate
Through fogs and mists of haunting fears,
And who could ask a finer mate
Than fibre that outlasts the years?

The flashing blade—the sudden thrust
Have found the favor of the game,
Where leading through the foremost dust
The winner comes to instant fame;
But life is greater than a day,
The race is longer than a dash,
And where the goal is far away
The plodder often leads the flash.

Night Camp

A horse to ride and a dog to love,
And a fire to warm me by,
End of the trail and high above
The sweep of the starlit sky—
And wheer is there more for a man's desire
Than a horse and a dog and a pine-wood fire.?

The horse will bear me far and swift,
And the dog will guard my rest
When I lie me down on a dead leaf drift,
Close to the brown earth's breast.
But ah! the ache of an old desire,
And the face that glows in the pine-wood fire.
C. T. DAVIS in the Arkansas Gazette.

POULTRY NOTES

A study of the free choice system of mash feeding for chickens made by the United States Department of Agriculture at its experiment farm located at Beltsville, Md., showed that the best results and highest egg production are obtained when hens are allowed to select their own mash constituents. It was found that hens selected a mash composed of 66 parts corn meal, 26 parts meat scrap, 4 parts wheat bran, and 4 parts middlings. This mash gives best results with Leghorns, and a less stimulating mash, containing more bran and ground oats, with less meat scrap, has given better results with general purpose breeds.

Don't let a slop bucket or pail of water set where the little chicks can fly up to it, they are sure to get in it and get drowned. Don't set steel traps for rats and leave them exposed where the hens or chicks can get in them, it means broken legs or perhaps death. Don't leave any V shaped slats on the coops or fence as the hens and chicks will be sure to get their heads through them and pull down, get fast, and choke to death.

Don't put old hens with different sized chicks in coops side by side as the chicks are sure to get in the wrong coops and the old hens will kill them before they can get out.

Don't stand boards up or lean them against the coop or fence where the wind can blow them down as they are sure to fall on one or more chicks. Don't set the brood coops for the chicks in the sun, if there is no natural shade, build some.

Don't fail to put a box on a pole for the martins to build in near the little chicks coops, it is insurance against crows or hawks. Don't wait until tomorrow to clean the droppings they may need it today.

Don't wait for the hens to lay soft shell eggs before you furnish them with shell.

Don't try to save weak and crippled chicks, you will save by killing them. Don't wait for your drinking founts to get green with slime before you clean them.

Don't wait unil the chickens ruin your garden before you repair the fence.

Don't disturb the hens when hatching, they know more about hatching chicks than you do.

Don't put rat poison where the chickens can get it.

Don't let a little labor stand in the way of moving old lumber piles so the dog can get at the rats.

Don't feed the hens carrion and expect to get pure wholesome eggs.

Don't starve the chickens, its poor economy.

Don't throw out salt or vegetables that have been in brine where the fowls can get them it will kill them.

Don't set a fowl on eggs you would not eat yourself.

Don't blame the chicks for the things they don't do, if you'll figure it out, the fault is with you.

ST. MICHAELS REGATTA AUGUST 11 PROMISING

Splendid Prospects For A Most Brilliant Affair On Land And Water.

On Saturday, August 11 St. Michaels will be the scene of one of the gala days as of old. Before the world war an annual regatta was held in Talbot waters, when stately craft with broad spread of canvas, raced through the waters of the Chesapeake or its tributaries for supremacy. Indeed much of the nautical life of the community hinged on these annual events until they became famous throughout the land.

At the outbreak of the war these annual events were abandoned for the time being, and this year the Chesapeake Bay Yacht Club has undertaken to revive the interest in the sport. On August 11 the regatta will be held off St. Michaels. Here a natural shore offers untold advantages to those who desire to see the contests from land. The course is so situated that the boats can be readily seen at all times from shore, and at the same time there is ample room for crafts of all kinds to follow the contesting boats.

But the yatch races are not all that will claim the attention of the people. All kinds of aquatic games will be held during the day in St. Michaels harbor, and in the evening there will be a street dance to close the festivities. A splendid time is promised, and it will be conducted in a way that will leave no room for complaint. St. Michaels has pulled off some big things in the past in a most creditable manner, and is equal to the occasion this season. Besides, the Chesapeake Bay Yacht Club is back of the project, and this is also guarantee of it being a uccess.

—Three Harford County boys, winners of the live-stock judging at Timonium Fair last year and at the contest at St. Paul, Minn., will be rewarded with a month's trip to points of interest in Europe.

TALKS *to* MOTHERS *about* THEIR BABIES



By DR. J. H. MASON KNOX, JR.,

Chief, Bureau of Child Hygiene, Maryland State Department of Health.

MATERNAL IMPRESSIONS

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THERE is no error which has gained more general acceptance than that which asserts that there may be a harmful physical modification of the child through the influence of some abnormal state of mind in the mother.

Birth marks, for example, are said to be due to a fright the mother may have had or to some terrifying experience during the waiting period. It is said that the sight of a deformed person may produce a deformed child. This kind of an effect is quite impossible.

THERE is no connection between the mother and the child by which nervous impulses can be conveyed. Even the mother's blood does not itself enter the body of the child. The two circulations are quite distinct, and direct injury of the child in this way has never been proven.

If all mothers who had some fright or disturbing experience during the waiting period "marked their babies," very few would escape, whereas the truth is the great majority of babies are born without such stigmata. It is safe to conclude that when they do occur, it is a mere coincidence, and not the result of any known cause. The facts are that the form of a child is established at the third month, and therefore, disturbing events which happen in the later months of pregnancy can have no effect.

USUALLY women do not realize their condition for a couple of months, and do not worry about the bad effects on the child of "maternal impressions" until the latter part of the waiting period.

The harm which a mother may do to her child is the result of her failure to live her own life in a way that will result in the highest degree of health and happiness for herself and, therefore, for the child.

THE child, before its birth, is entirely dependent for its development upon the nutrition which it extracts from the blood of the mother, and it is only through nutrition that the mother is able to influence her child's future. If she lives in such a manner as to conserve her own health, taking plenty of sleep and exercise, and eating sensibly of simple food, she can be quite sure that her child will be able to build up for itself a sound body and brain.

On the other hand, if she neglects these plain rules of health and goes through the waiting period fretfully, full of apprehension or lamenting her condition and paying but little attention to her own bodily functions, it is quite possible that the child may be deprived of some of the nutrition it needs for its own best development.

Many malnutritic fretful babies do not get the right sort of nutrition during the prenatal period, and doubtless many early infant deaths are traceable to these causes.

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PERSONAL HABITS

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REFERENCE has already been made to the value of a regular life in the open air. There are certain other habits about which the waiting mother often seeks advice. She frequently asks if it is safe to take a daily bath, and should it be hot or cold. The objects of a bath are to keep the millions of the pores of the skin open and to stimulate the circulation. It is estimated that at least a pint of water is eliminated each day through the pores. If these are clogged an additional burden is thrown upon the lungs, bowels and the kidneys. It is well, therefore, to wash the entire body every day.

THE bath may be a shower, tub or sponge. Morning is the better time. If one is accustomed to a cold bath it can be taken by the expectant mother if she receives a healthful glow afterwards, but it is often well to somewhat reduce the usual temperature. A warm bath with soap should be taken two or three times a week.

Bathing in quiet water is harmless in warm weather, but sea bathing, if the surf is rough, is inadvisable, because of the beating of the waves upon the abdomen and the general violence of the exercise. On the general subject of bathing, the expectant mother should consult her own physician.

Fresh Air.

WITH all persons plenty of fresh air day and nights healthful. This is especially true of the waiting mother. Windows should be open in the sleeping room at night and fresh air should be admitted from time to time to all rooms occupied during the day.

Care of the Breast.

IT IS a duty and a privilege for a mother to nurse her baby. If she follows the simple directions pertaining to her health already given, she will be able better to perform this important function.

In addition, the breasts may require some special treatment. If they become heavy and pendulous they should be supported by a brassiere or binder made snug below the breasts, loose over them and supported by shoulder straps.

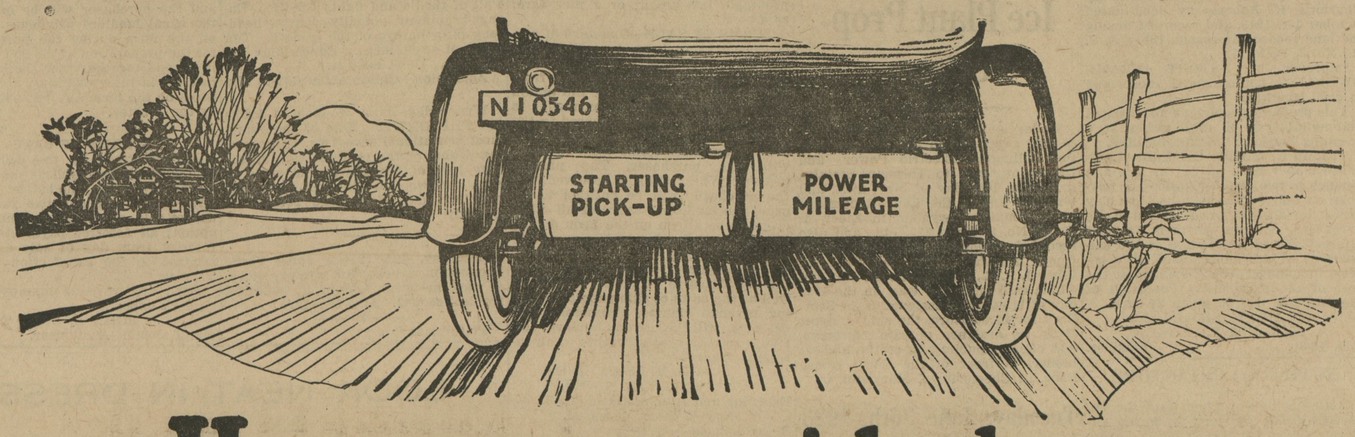
Unfortunately, the nipples are sometimes flat or retracted. This condition can often be corrected by massage or by drawing the nipple gently with thumb or forefinger several times a day. The nipples may be toughened by washing them at night with warm water and soap and rubbing them gently with lanoline or vaseline, and then covering them with a piece of soft linen to protect the clothing.

Care of the Teeth.

THIS is important and often neglected. It is a popular superstition that it is dangerous for an expectant mother to have dental work done. This is not true.

At this time there may be more acid in the stomach and in the mouth, and perhaps a greater tendency to dental decay. It is wise, therefore, at the beginning of the waiting period to visit the dentist and have the teeth put in good condition. Simple fillings and even necesasry extractions can be safely done.

The tooth brush should be used after each meal, and frequent use made of a simple alkaline wash, such as baking soda—a teaspoonful in a glass of water.



Have you ever wished you could carry TWO tanks of gasoline on your car?

—one for starting and pick-up —one for power and mileage

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