TALKS *to* MOTHERS *about* THEIR BABIES



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KIDNEY FUNCTION

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DURING all of the period of waiting the kidneys have extra work to do, for there are waste products both from the mother and the baby, which must be eliminated through these organs. It is especially important, therefore, that the activity of the kidneys should be normally maintained. Considerable waste material is eliminated through the bowels and the skin. These organs, also, therefore, should be kept active.

IF THE mother does not pass three pints of urine daily, the probabilities are she is not drinking enough water to satisfactorily carry away the waste products.

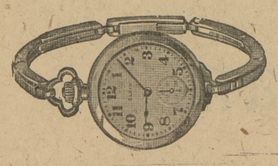
It is important to remember that abnormalities in the kidney secretion can only be detected by chemical tests and by the microscope. Therefor, the patient cannot tell from the appearance of the kidney secretion that anything is wrong with the kidney function.

THERE are certain alarming complications, notably those which end in convulsions, which may occur during the waiting period. These conditions can be detected most readily in the early stages through careful examination of the urine, and often prevented before they become dangerous. It is, therefore, necessary and only fair to the mother and her unborn child that this tell-tale secretion should be examined by the doctor at regular intervals. Usually he requests a specimen sent to his office each month during the early months and twice a month in the two months before her confinement. If this practice could be universally carried out, many serious tragedies could be avoided.

The doctor may ask that the specimen be brought of the total amount carefully measured and passed within 24 hours. This often gives him more information than a single specimen.

Blood Pressure.

ANOTHER valuable indication of danger is obtained by the "blood pressure," which the doctor can determine by a very simple test. High blood pressure may put the physician on his guard in time to avoid trouble, even when the urine is apparently normal. Many physicians desire to take the blood pressure at the same time the kidney secretion is examined.



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FOR A GREATER STATE UNIVERSITY

WOMEN HOLD A FOUR DAY CONFERENCE AT COLLEGE PARK.

20 COUNTIES REPRESENTED

The Conference Affirmed Its Interest In The Agricultural Committee Appointed By The Governor, And Pledged Its Support In Resolutions Passed.

Two hundred and thirty-seven women, representing twenty counties of the State assembled last week in a four day conference at the University of Maryland at College Park, came out strongly for plans to advance the agricultural interests of Maryland by improving farm life generally and in favor of a greater State University. In resolutions passed last Friday the conference affirmed its interest in the agricultural committee appointed by the Governor, and pledged its support to the committee in these words:

"We affirm our interest in the committee appointed by the Governor to draw up a program for the advancement of agriculture, to improve farm life, to make easier the tasks of farm women, and pledge our support to such a program."

The conference also approved the work of the University and decided to petition the Legislature to pass the general program of the University; and asked especially that the University make the Rural Women's Conference an annual feature of the program. The part of the resolution referring to the University reads:

"We urge that the Rural Women's Conference be made an annual feature of the University program, we endorse the administration of the University of Maryland and commend its policies in trying to make available to all the people of the State the opportunities it offers. We especially approve the Home Demonstration work of the Extension Service, and urge that this phase of the work of the University be broadened to meet the needs of the general program of the University, especially the provisions for additional facilities for the education of young women, and suggest that a legislative committee be appointed before the next legislature in support of this program."

It was left to the Committee on Resolutions, of which Miss Mary Risteau, of Harford county, is chairman, to appoint members of the legislative committee and also appoint its chairman. Miss Risteau announced that Mrs. Hayes Brown, of Frederick county, would be chairman of the committee, and that the other members would be named shortly. A representative of each of the twenty counties composed the Committee on Resolutions.

The conference consisted of general class room demonstrations of work in which the women of the State are particularly interested, of special lectures on various topics of State interest, and special musical programs.

Dr. A. F. Woods, President of the University; Dr. T. B. Symons, Director of the University Extension Service; Dr. H. J. Patterson, Director of the Agricultural Experiment Station; Dr. Norment, in charge of the health center at Hagerstown; M. M. Stewart, Secretary of the Maryland Farm Bureau Federation; Miss Mary Risteau, the only woman to sit in the House of Delegates at Annapolis and member of the State Board of Education, and Miss Lavinia Engle, State Chairman of the League of Women Voters, were among those who addressed the various assemblies.

Carroll county led in the number of representatives present at the conference with a total of 59, while Frederick county was second with 44, and Washington county was third, with 17. Kent county led the Eastern Shore counties with a representation of 9. Talbot, Somerset and Calvert counties were the only counties not represented.

So successful was the conference that the University authorities have determined to make it a feature of the annual program. Special efforts will be made within the next few months to organize the women of Somerset, Talbot and Calvert counties so that next year no county will be missing from the conference.

Active preparations for the conference and its entire management was under the direction of Miss Venia M. Keller, head of the Home Demonstration work of the University. The success of the conference was due largely to her efforts. As one of the authorities of the University puts it, "The conference gave the women representatives of the several counties much useful information they can take back to their club organizations and went a long way towards showing them just how the women may take advantage of the opportunities the State University offers."

Hot Weather's Effect on Clocks.

Hot weather frequently will cause clocks and watches long out of use to start running. The heat melts the old oil which has hardened and clogged the bearings.

Do Right Always.

Do right though pain and anguish be thy lot. Thy heart will cheer thee, when the pain's forgot. Do wrong for pleasure's sake, then count thy gains. The pleasure soon departs; the sin remains.—Bishop Shuttleworth.

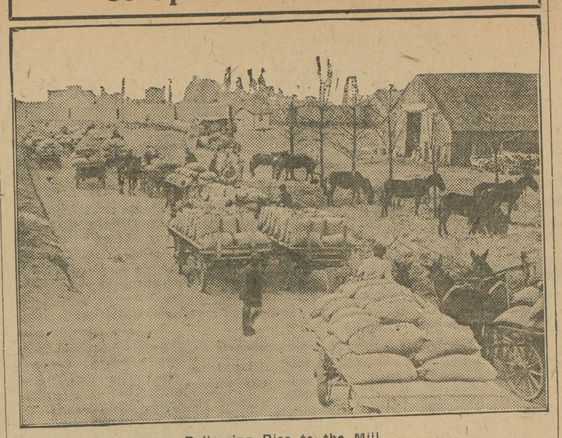
Docker Carries 716 Pounds.

In a dockers' weight-carrying competition in France the winner carried a burden of 716 pounds a distance of 13 yards.

Gives It Great Value.

A boarding school youngster being asked by his teacher, "What makes a dollar bill valuable?" replied, "Having spent all the rest of your allowance."

New Era in Rice Growing Through Co-Operative Marketing Bureau



Delivering Rice to the Mill.

Co-operative marketing through associations built by the state farm bureaus in Louisiana and Arkansas has revolutionized the rice industry in the South.

The Farm Bureau Rice Growers' Association in Louisiana was incorporated late last fall. It was organized with 320 members and had but 900,000 bushels pledged under a five-year commodity contract. By January of this year more than 1,500,000 bushels were pledged and indications are now that at least 4,000,000 bushels will be handled by the association before the year is ended.

Actual advances to association members on the basis of 60 per cent of the market value amounted to $500,000 the first of this year. All of this was advanced by rice belt banks.

Additional credits for $1,500,000 were secured from New Orleans banks and the War Finance Corporation to complete the marketing program of the association.

The co-operatives have so arranged their financial affairs that although 6 per cent interest is paid on loans, the individual farmer to whom an advance is made pays less than 1 per cent. This is accomplished by marketing each month enough rice to pay off the outstanding indebtedness of the organization and applying funds returned in this way to finance other growers, thus using the same money several times over during the period of the loan.

Each farmer receives a check for 60 per cent of the value of his rice as soon as it is received at the warehouse and graded.

The association has leased mills for cleaning and processing the rice.

In Arkansas the work of the farm bureau is even more spectacular than in Louisiana, for in Arkansas the problem was that of rebuilding an industry that was dead broke—down and out. The Arkansas Rice Growers' Co-operative Association was formed. The membership in this association has doubled in the course of the first season, the rice industry has been reestablished, better prices have been secured for the growers and 80 per cent of the growers are now marketing co-operatively.

Fruit and Vegetables Now Marketed in National Way

Perishable Farm Products Successfully Handled by Co-operative Plan Through Sales Agencies in Almost 200 Cities.

The Federated Fruit and Vegetable Growers, Inc., began active operations the second day of this year with salaried salesmen, division offices and bonded representatives in more than 150 cities. These 150 sales agencies reached 70 per cent of the total population of the United States. Since the opening sales organization work has been steadily expanded until now agencies are maintained in almost two hundred cities.

Thirty carloads of fruit and vegetables were handled on the Chicago market the first day the sales agency was open. These thirty carloads were sold direct to South Water street merchants.

The Federated Fruit and Vegetable Growers is the first attempt to market perishables co-operatively in a national way. Apples from Washington, Oregon, Idaho, Colorado, New York, Ohio and Michigan; potatoes from Maine, Wisconsin, Minnesota, North Dakota, Michigan and Colorado; sweet potatoes from Texas and Georgia; tomatoes from New Mexico; citrus fruit from Florida, and miscellaneous vegetables and fruits from the Pacific coast are the commodities now being handled by the organization.

Complete Sales Body Secured.

By the absorption of the North American Fruit Exchange the Federated eliminated the need for building a sales organization. The complete sales machine of the exchange, including a staff with twelve years' experience and fully developed departments of finance, traffic and accounting, was taken over by the co-operatives.

It will be recalled that the Federated Fruit and Vegetable Growers, Inc., was organized on the recommendation of the Fruit Marketing Committee of Twenty-one appointed by the president of the American Farm Bureau Federation in August of 1921. This committee spent more than a year in a study of the problem of marketing perishable farm crops on a national and international basis. The Federated Fruit and Vegetable Growers was formed as an outcome of these investigations and reports. The acquisition of the North American was one of the first important steps taken to crystallize the work into concrete practical form.



J. S. Edwards.

Local Exchange Formed.

The organization is firmly committed to the policy of commodity organization at the shipping point. That is, the potato growers organize local associations and exchanges, the apple growers organize a separate commodity organization for apples, and so on. These locals federate into central exchanges, thus applying specialized methods to the proper standardization and assembling of their crops. After the commodities are put aboard the cars the national selling problem is taken care of by the federated sales agency.

Arthur Rule, formerly vice president and general manager of the North American Fruit Exchange, became general manager of the Federated the first of January of this year. Mr. Rule maintains executive headquarters of the organization in New York city. The office in charge of organization and general field work is located in Chicago.



Arthur R. Rule.

J. S. Edwards of California is president of the organization and C. E. Durst of Illinois is secretary.

Farm Bureau a Dirt Farmers' Organization

The farm bureau is absolutely a dirt-farmers' organization. In order to keep its record straight, one of the State Farm Bureau Federations recently conducted a survey among county farm bureau presidents to ascertain their farming activities. Only one of the whole list was not actually working his farm; he had been farming 45 years and owns a 3,000-acre farm over which he has supervision. Although he is entitled to a rest, he is giving freely of his time to farm bureau work. These county farm bureau presidents had been farming an average of more than 26 years. The shortest period of farm life for anyone was six years, and the longest 46 years. Twelve of the list have held no public positions. Others have served their communities in such capacities as township supervisor, school treasurer, township constable, president of school board, president of shipping association, county commissioner, president of farmers' telephone company and state legislator.

Elevator Exchange Prompt Pay.

Reliability and promptness in making returns to local elevators have been important factors in the success of the Michigan Elevator Exchange, which has more than a hundred elevator members and in sixteen months did a business of six million dollars in grain, hay and beans for its membership.

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