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This Institution is recognized as being the FRIEND of the Farmer.

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Hoosier Farmers Have Good Organization Plan

The Indiana Federation of Farmers' Associations has worked out a county unit plan for commodity organizations. The county farm association or farm bureau incorporates under the state law and establishes a produce marketing department. Contracts are then printed and committees selected or solicitors hired to sign up a volume of business necessary to keep the cost low.

Each producer signs a ten-dollar collateral note which is used for security at the bank for loans, to buy equipment and to provide operating capital. After marketing is started a small per cent is set aside as a sinking fund which is used to pay off the loan. Most of the associations pay the local station price when returns are received and the remainder after operating expenses are paid goes into a fund that is prorated to the members on a patronage basis every three or six months.

Mr. Farmer: When you write your congressman a letter asking him to support certain agricultural measures that you want to see enacted, he is glad to hear from you. When you and all the other progressive farmers in your district give him the same information at the same time he is glad to act for you. Your farm bureau gives you that force of mass expression that claims attention.

PLAN SALES AGENCY FOR DAIRY PRODUCTS

Organization Being Built on Ideas Submitted by Committee at Milwaukee Conference.

The establishment of a national cooperative sales agency for dairy products is under way. The organization is being built on the plan submitted by the committee of nine selected at the Co-operative Dairy conference in Milwaukee, Wis. E. B. Heaton, director of dairy marketing for the American Farm Bureau federation, is in charge of the organization campaign.

The report of the committee of nine was divided into three sections. In the first section the purposes for the establishment of the central agency are clearly defined. The second section details the method and form of organization, while a third has to do with the organization campaign itself.

Standardization of products, creation of national brands, marketing of products, increasing of consumption of milk through advertising, and the maintenance of publicity and statistical departments were chief among the

TALKS to MOTHERS about THEIR BABIES



By DR. J. H. MASON KNOX, JR.,
Chief, Bureau of Child Hygiene, Maryland State Department of Health.

SUPPLEMENTAL FEEDING

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THERE is considerable difference among physicians in their use of raw or heated milk in infant feeding for the babies who cannot be breast fed. There have been many epidemics of typhoid fever, scarlet fever, diphtheria and other infectious diseases traced to contaminated milk, and more recent investigations have shown that a large number of young children suffering from tuberculosis are infected through the milk supply.

These facts certainly give one valid reason to advise first procuring for the baby the cleanest milk possible and bringing it to a boil for a short time before using it for infant feeding. As far as we know, there is no nutritional detriment in the use of boiled milk as compared to fresh milk, except that perhaps there is a little more tendency to scurvy and rickets, but this is easily avoided by early use of fruit juices. Moreover, boiled milk is probably a little more digestible than raw milk for the boiling prevents the formation of large curds in the stomach.

Additions To Milk Diet.

ONE of the first articles to be given to the young baby in addition to the milk, water and sugar mixture is fruit juice, preferably orange or prune juice, the latter in case of constipation. One could commence almost any time in the baby's life, certainly at two or three months, with a half teaspoonful of orange juice with an equal amount of water between feedings. Fruit juice is a specific preventive of scurvy. The amount of orange juice can be increased slowly almost at will, until at six months or over two or three tablespoonsful of orange juice can be given once or twice a day.

Gruels.

CEREAL gruels prepared from farina, cream of wheat or oatmeal may be given in small quantities to the infant after six months of age once or twice a day with his milk feeding. The gruel should be about the consistency of honey when made from cream of wheat or farina, and it should be cooked two hours in a double boiler. Oatmeal should be cooked three to four hours and strained before using.

Additional Foodstuffs.

AFTER the baby's first year additional foodstuffs are necessary to its growth and development. These are starch foods, such as cereal, potato, bread and rice; fruit, green vegetables, butter, eggs, meat, fish and fowl. The diet for the child from 14 months to 2 years would be about as follows:

Breakfast.

Cereal; milk from the cup; egg, soft-boiled, poached or scrambled in butter; a slice of bacon broiled crisp; bread, stale white or graham bread dried in the oven.

Dinner.

Vegetable soup, meat begun at about 18 months, a teaspoonful and increased slowly to a tablespoonful three times a week, roast beef, steak, lamb chop or chicken chopped up fine; rice boiled two hours in a double boiler, potato or macaroni; green vegetables, such as spinach or peas, string beans, stewed celery, asparagus tips, squash, cauliflower. All thoroughly cooked and at first put through a colander. Dessert—Rice pudding or tapioca, blanc mange, custard, baked or stewed apples, prune pulp, junket.

Supper.

Cereal as at breakfast or milk toast made from stale bread; egg; in addition, if the child is hungry; stewed fruit.

Lunch.

Between the long interval of dinner and supper, or if the dinner is at 2 o'clock, between breakfast and dinner a cup of milk with stale bread or crackers can be given, or if there is constipation, prune pulp, baked or stewed apples and graham crackers.

This dietary needs very little addition in the following year or two.

KENT NEWS $1.50 A YEAR

The KITCHEN CABINET



(©, 1923, Western Newspaper Union.)

Each day a little later now
Lingers the westering sun,
Far out of sight the miracles
Of April are begun.
—Arthur Ketchum.

TASTY GOOD THINGS

There is no dessert or salad so well liked as that prepared from grapefruit. This may be served either as a salad or dessert.



Grapefruit Salad.—Cut grapefruit in halves, take out the pulp and mix with chopped pineapple pulp and maraschino cherries with sugar and the maraschino sirup to taste. Garnish with the cherries after filling the shells with the fruit.

Hominy Baked With Cheese.—Put alternate layers of cold boiled hominy and grated cheese in a baking dish, add enough milk to moisten, cover with buttered bread crumbs and bake until well-heated and the crumbs are well-browned.

Chicken Salad.—Mix one pint of diced chicken and one cupful of celery, a little chopped cabbage from the tender white center; mix with highly-seasoned mayonnaise and serve on head lettuce.

Tartar Sandwiches.—Chop three sardines, add a cupful of boiled ham ground, three small cucumber pickles, a little chow-chow with a teaspoonful of catsup and a quarter of a teaspoonful of mustard; add a dash of lemon juice and mix well. Spread on buttered bread.

Walnut and Cress Salad.—Lay the kernels of thirty English walnuts on a layer of sliced oranges. Squeeze lemon juice over them and let them stand for 24 hours. Serve on a bed of fresh crisp water cress with a rich French dressing poured over it.

Peas and Peanut Salad.—Stew a cupful of fine canned peas in their own liquor until it is absorbed. Cool, add a half-cupful each of celery and chopped peanuts, six stoned and chopped olives and a little grated onion. Serve with a rich mayonnaise or a highly-seasoned boiled dressing. Serve on lettuce.

Bird's Nest Salad.—Color cream cheese with a little green fruit coloring, add cream to make it soft enough to mold, then roll in the size of small eggs. Shred lettuce and form it into nests, arranging three or four of the cheese eggs in each. Serve with any desired dressing.

Nellie Maxwell

In the Department Store.

Lady Customer—"I want a fan and it must be something light. What are those film fans I read so much about nowadays?"—Boston Evening Transcript.

Six Crops a Year Raised.

In southern China from two to six crops are raised from the same land each year.

Grain Is Marketed Direct in Northwest

The U. S. Grain Growers, Inc., has a sales agency in active operation at Minneapolis, Minn. Carloads of grain belonging to members in Minnesota, North Dakota, South Dakota and the Northwest, are being sold every day by the U. S. Grain Growers Sales company of Minneapolis, through its seat on the Minneapolis Chamber of Commerce.

The U. S. Grain Growers made application for seats on the boards of trade at Chicago, Omaha, Indianapolis, St. Louis, and other points, but these applications were denied. The question of the constitutionality of the Capper-Tincher Future Trading Act is now before the Supreme Court of the United States. In case the act is upheld the U. S. Grain Growers will ask the secretary of agriculture to admit its sales agencies to all the various grain exchanges under that provision of the law which gives co-operatives the right to operate on grain exchanges.

The U. S. Grain Growers was the outgrowth of the Farmers Grain Marketing Committee of 17, appointed by the President of the American Farm Bureau Federation at the request of the National Grain Marketing conference held in Chicago, on July 23-24, 1920. Serving on this committee, in addition to farm bureau representatives, were representatives of the farmers' union, grange, equity, the farmers' elevators, and others. The Committee of 17 reported on April 6-8, 1921. The U. S. Grain Growers, Inc., was set up to organize the grain growers of America to market their grain co-operatively. In the months that followed organized work resulted in a signed-up membership of 62,878 in 13 states.

Unfortunately certain members of the board of directors of the U. S. Grain Growers, Inc., carried with them into the internal management of the concern personal prejudices and political jealousies which well-nigh wrecked the farmers' supreme attempt at nationalization of the co-operative grain marketing system. At the first annual meeting in Chicago, on March 21, 1922, the report of the treasurer showed that the liabilities exceeded the assets. The most serious weakness revealed at the first annual convention was that little or no progress had been made toward establishing a sales agency for handling the grain of the members.

On May 13, 1922, a meeting of the presidents and secretaries of the midwest states farm bureaus was called in the office of the American Farm Bureau Federation. This meeting resulted in the appointment of a committee of investigation composed of E. H. Cunningham, secretary, Iowa Farm Bureau Federation; W. S. Hill, president, South Dakota Farm Bureau Federation, and J. W. Coverdale, secretary, American Farm Bureau Federation. On July 19 the officers of the U. S. Grain Growers, Inc., said they could go no further and requested the Midwest States committee to take over the organization and rebuild it. The Midwest committee then proceeded to reorganize the U. S. Grain Growers according to the adopted recommendations.

A meeting of the board of directors of the U. S. Grain Growers, Inc., was held in the offices of the corporation at 5 South Wabash avenue, Chicago, Illinois, on August 4, 1922. The resignation of President C. H. Gustafson was accepted and the board elected E. H. Cunningham to take his place. Following this the entire board of directors resigned one by one and a new board was elected.

The new management is using every resource at its command to rehabilitate the U. S. Grain Growers, Inc., and to save the association to the farmers of America as a national co-operative grain marketing institution.

Meantime the California Farm Bureau Federation, the Michigan State Farm Bureau, the Texas Farm Bureau Federation, various state wheat growers' associations, the Northwest Wheat Growers Associated, and various other organizations are selling grain co-operatively.

Suspicions That Hurt.

Suspicions that the mind of itself grasps, are but buzzes; but suspicions that are artificially nourished and put into the minds of others, have stings. —Lord Bacon.

Chicago Milk Tangle Unraveled by Bureau

One of the outstanding services given in co-operative marketing work last year by the farm bureau was in untangling the snarl in which the dairy producers of the Chicago territory became involved. This work was directly supervised by E. B. Heaton, director of dairy marketing.

For the most part, local problems are handled by state federations. But in this case the territory concerned was not confined to a single state and it was felt that it could be best handled through the national organization.

Mr. Heaton found that lack of organization and equipment for handling surplus milk in the Chicago zone, which includes eleven counties in Illinois and eight in Wisconsin and three in Indiana had resulted in a loss to the producers and a great economic waste. To remedy this existing condition, Mr. Heaton co-operated with farmers and dairy marketing authorities in attempting to evolve some arrangement which would allow marketing to be carried on under a pooling arrangement that would benefit both producers and consumers.

A solution was found in a central sales agency and the Chicago Milk Producers' association was established.

Texas Cotton to England.

The first sale of cotton made by the Texas Farm Bureau Federation cotton pool was made direct to Liverpool. On this sale the farmers received from three to four dollars more a bale than was offered on the local Texas market.



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Chestertown Ice Plant

Phone 48. Chestertown, Md

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