

DEAN'S DAIRY COLUMN

Three Big Questions Answered for Milk Dealers.

Shall I Sell Milk or Cream?—Should Cows Be Fed on Turnips?—How to Pack Butter for Keeping.

(Contributed by Ontario Department of Agriculture, Toronto.)

Shall I sell milk or cream? This will be determined to a large extent by the character of the farming operations. If the need for direct, quick cash in largest amount is great, then selling milk will best "fill the bill." On the other hand, if the dairy farmer can afford to wait for the slower returns from cream and live stock, and particularly if he desires to improve or maintain soil fertility, then selling cream is to be recommended.

Should Cows Be Fed Turnips?

This is an old question about which considerable difference of opinion exists. If my reader is Scotch, he or she will likely answer the question by saying, "Yes," as Scotchmen, turnips, and good farming are three things usually found together on farms in Ontario. There was a time when butter buyers were not so particular about the flavor of butter as they are at present. It is common to hear women purchasers on city markets, say to farm butter-makers, "Your butter is turnip," which is sufficient to cause a loss of the sale.

How to Pack Butter for Keeping.

The first point to observe in the packing of butter, in order to have it keep well for winter use, is to have good butter. The best butter for packing is usually made in the months of June and September. It is preferably made from comparatively sweet cream which has been pasteurized. However, on the farm, hence the butter is comparatively acid, and the cream should be made when the weather is comparatively cool, and the cream should be churned before it becomes very sour. In fact, the sweeter the cream the more likely it is to produce good keeping quality in the butter, so long as there is sufficient acid in the cream to give good churning results.

The Foolish Man.

There was a man in our town, And he would never learn; He went upon a fishing trip And let his camp-fire burn. Oh, swiftly spread that forest fire, And many homes it burned, And from that little fishing trip That man has never returned.

HOW THE BRAIN WORKS.

It is at its Best at Ten o'Clock in the Morning.

From a group of British psychologists comes the statement that a man's brain works best between 10 and 11 o'clock in the morning. Further than this, an efficiency table is presented; the results of a series of experiments on all classes of workers, physical and mental, covering the working day from 8 a.m. until 5 p.m. The table follows:

Table with 2 columns: Hour, Efficiency. Rows show efficiency percentages for hours 8 through 5.

The significance of these figures is readily apparent to anyone—the morning peak, the afternoon slump, and the sluggish period induced by the noon meal. The main point is that the psychologists have reached out and put their finger on the exact product of the day when the brain may be expected to attain its maximum efficiency. The idea has unlimited possibilities.

An artist expressed great surprise recently on learning that the brain was supposed to be at its best at ten o'clock in the morning. "If that is the case," he said, "I have slept away the best of my life." But the bobemians have something on their side. Many of the greatest works of literary heritage would have to be excluded if only products of the morning hours were eligible. Balzac did all of his writing after midnight. So, in a great measure, did Lord Byron, Coleridge, Thomas De Quincey, Edgar Allan Poe, and Schiller. Charles Lamb, Samuel Johnson, Thomas Hardy, Sheridan and South were all night workers.

It was Lamb who is reported to have remarked: "No true poem ever owed its birth to the sun's light. The mild, internal light that reveals the fine shapings of poetry, like fires on the domestic hearth, goes out in the evening. Numbers of famous writers, however, have worked best in the morning."

Prof. Robert S. Woodworth, another psychologist, believes that it is entirely possible to measure the brain efficiency of man if the experiments are conducted on a broad basis and include a sufficient variety of subjects. In commenting on the British table, he made a point of the gradual decrease in efficiency during the late afternoon hours.

"It is largely a matter of habit," he said. "People have grown accustomed to the idea that the period between four and six is the time to be out in the fields. If the idea of that period should not become one of great efficiency unless fatigue entered into the matter. Many workers do their best at night, especially writers."

Dr. Stephen T. Jewett, brain specialist at the Bellevue Hospital, New York, finds that the British table is not contradictory to medical science except in the influence which the noon meal is presented as having on the efficiency of the brain. "The drop in efficiency, indicated as occurring at one o'clock, seems to me too great to be entirely accurate," said Dr. Jewett. "An ordinary luncheon in itself would not affect the brain to that extent. On the contrary, a well chosen meal, eaten discreetly, tends to stimulate the brain to great activity."

Age In Hand. It is only within very recent years that women have thought it worth while to give proper care to their hands. Nowadays the average shop girl bestows more attention upon her hands than did the "fine lady" of a generation or two ago.

There is much other care given to the hands, including massage—the latter of special importance because it tends to keep the flesh plump and discourages wrinkles. Wrinkles commonly appear on the hands before the face shows any, and thus a woman's hands may betray her age.

One might even say that the hands grow old sooner than the face. The fatty tissue that lies immediately beneath the skin gradually shrinks with the passage of years; the skin becomes loose and falls into folds. The skin on the back of your hand shows how old you are. Pinch it and you will see. If you are young the skin will almost instantly become smooth again. Later in life, if pinched up, it will retain the wrinkle for some moments.

In youth the nails are smooth and usually have a slight rosy tint. As years go on they lose their color and somewhat of their delicate texture, corrugations in later life minute and unobtrusive. Careful manicuring will do much to obviate any such appearance of change.

Trial by Ordeal. Trial by ordeal still exists in some parts of Japan. If a thief takes place in a household, all the servants are required to write a certain word with the same brush. The conscience is supposed to betray its workings in the waves of the ideograph written. Tracing an ideograph involves such an effort of muscular directness and undivided attention that this device often leads to the discovery of the guilty.

Congo Pygmies. A race of pygmies recently discovered in the Belgian Congo are only four feet in height, and very like apes in appearance; yet they neither lie nor steal, and will marry only one wife.

Action of Radium on Stones. Experiments have proved that it is possible to change the color of certain precious and semi-precious stones by exposing them to the action of radium.

FARM COLD STORAGE

Have an Up-to-date Equipment for Family Purposes.

The Farm Refrigerator a Great Boon—You May Put the Heated Term Out of Bounds—Early After Harvest Cultivation.

(Contributed by Ontario Department of Agriculture, Toronto.)

Cold storage practice so far has been connected with the large produce warehouses in our towns and cities. These establishments could not do successful business if their plants were not provided with large storage chambers kept cool and in other particulars suitable for the long storage of perishable products of the farm, such as eggs, butter, cheese, fruit, and so forth. Some day, probably not so far distant after all, the farmers may become sufficiently well organized to build and equip mechanical cold storage warehouses of their own, whereby they will be able to have complete control over the products of their own labor until they are disposed of to the consuming public. The extent to which individual farmers may make use of such cold storage plants on their farms is necessarily limited because the quantities of products requiring to be stored at any one time are small. The exceptions are very large fruit or dairy farmers, and even in these special lines of farming it might not be a paying proposition in all cases to erect an expensive cold storage plant. Personally, I believe the problem of cold storage on the farms should be handled through co-operatively owned warehouses provided with adequate cold storage facilities.

Apart, however, from the question of a cold storage with up-to-date mechanical equipment for the farm or farmers' association as suggested above, there is the problem on almost every farm pertaining to the storage for a few days of small quantities of various foods used on the table from day to day, such as butter, meat, milk, etc. It is certainly a great saving and matter of convenience to have on the farm a small cold storage chamber or refrigerator in which to keep these very perishable articles of food in a good fresh and wholesome condition for use on the table during the warm season of the year. This is made possible by the use of ice, and as it is procurable in almost every strict of this country at a reasonable cost, there is no excuse for farmers not laying in the winter season a few tons in some cheap form of ice-house. In the summer time this ice will be found most useful for cooling the milk and cream, supplying an ice-box or refrigerator in which the butter, for example, may be kept firm, the milk and cream sweet, and the foods in good condition for the table day by day.

With ice always so handy and the best of cream available, it is possible for the housewife to make such delicious and wholesome delicacies as ice-cream, sherbets, and many delightful and cool drinks, all of which are most refreshing and stimulating to the folks on the farm in the hot and busy season of the year. In case of sickness, too, ice is sometimes a necessity. There is no doubt then about the fact that every farmer would find a supply of good ice a great advantage in many ways, whether it be stored in some bin from which it is removed as required or in some form of small ice cold storage where it cools automatically a small refrigerator room adjoining the ice storage room. There are several types of small ice-cold storages suitable for use on the farm. In using these small ice-cold storages, however, it must be kept in mind always that the temperature cannot be maintained lower than about 40 or 45 degrees Fahrenheit scale, which of course is not low enough to keep perishable products like fresh meat longer than a few days, and large quantities of perishable articles must not be stored in a small chamber, nor too many kinds at one time. In spite of this limitation it will pay any farmer to have a supply of ice, preferably stored in a small ice-cold storage that needs no care. In a subsequent article I will deal with a few of the most common and practicable forms of small ice-cold storages for the farm.—R. R. Graham, O. A. College, Guelph.

Beet Growers Can Make Good Syrup. Shortage of sugar need have no terrors for the sugar beet grower. A rich sweet syrup that can be used for all cooking purposes, serving as a substitute for sugar, can be made from sugar beets, according to the investigations of the Federal Department of Agriculture and chemists of the Minnesota College of Agriculture. A bushel of good beets will make from three to five quarts of syrup. The beets in the quantity mentioned should be cut into thin slices and put in a barrel or wash boiler and covered with boiling water and allowed to stand for about an hour. The water should then be drawn off and strained through a cloth into a kettle or wash boiler for evaporation. When the syrup has been sufficiently concentrated by the process of boiling it down it should be poured while hot into sterilized glass jars or tin cans and closed tight. Beets that have been stored several months can be converted into good syrup provided they were fully mature when harvested.

Why Not Start a Family Budget? "Keeping accounts," says a Wisconsin woman, "keeps me from buying bargains I do not need and thus saves me money." "Just that one lecture at the bank the other day on the household budget," remarked a Duluth woman, "has helped me in a lot of ways."

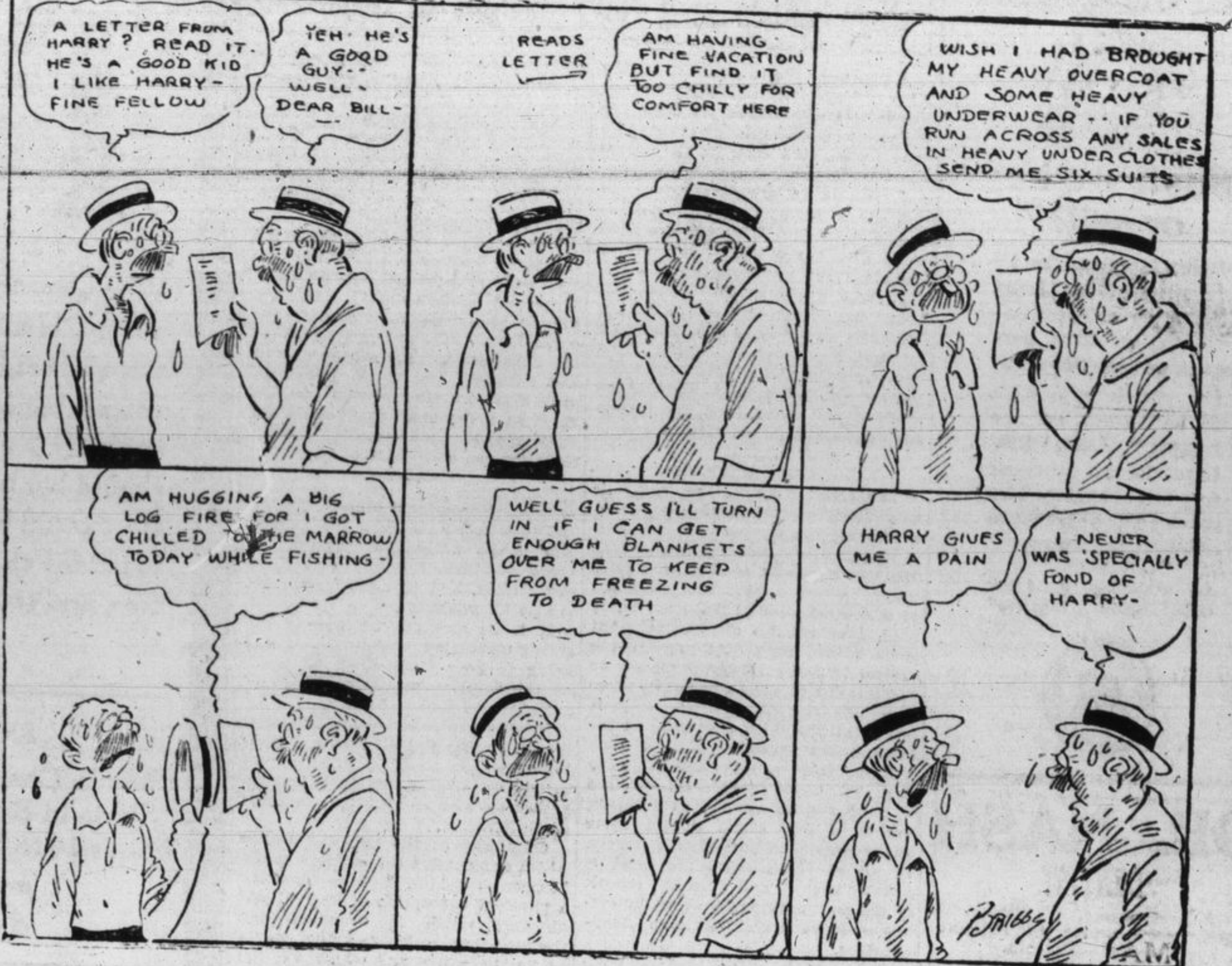
Never Satisfied. Alumni of the school of experience have been known to take post-graduate courses.

The number of National Savings Certificates sold during the week ended June 18th was \$24,723, bringing the total to that date up to 464,239,255.

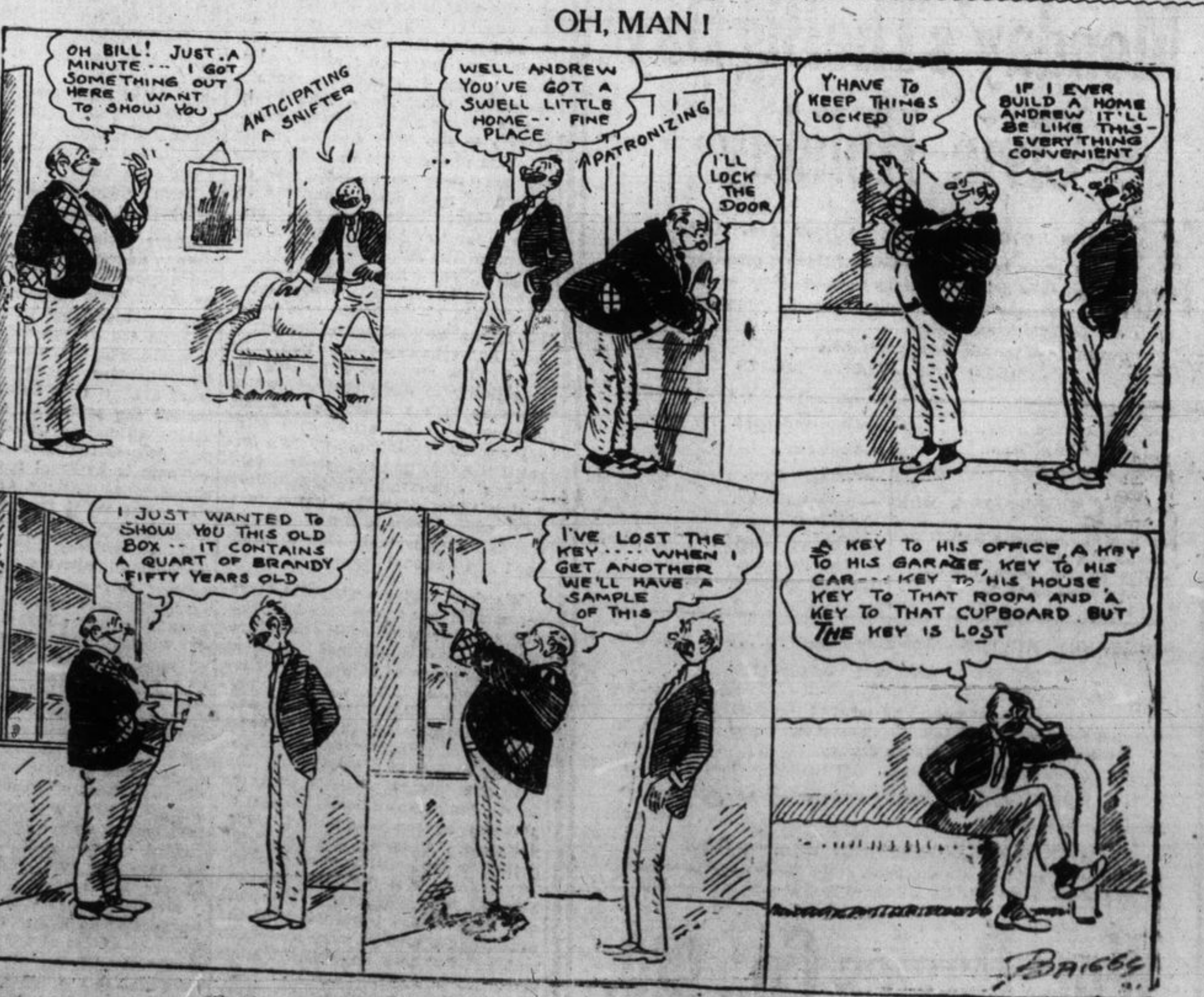
Another Two-Year Term. George Roberts, aged eighteen, now serving two years in penitentiary for receiving, was given another two years by Judge Widdifield, Toronto (to run concurrently with the other term) on several other convictions for receiving. Prisoner gave information to the police concerning a number of housebreakings which he alleges were carried out by one Thomas Atkins, who cannot be found, while he kept guard outside. Much of the booty, according to Roberts, was taken to a house on Adelaide street west, the tenant of which, Hugh McEvoy, is now awaiting trial for receiving.

Even when your wife is looking in another direction it is well to remember that she has her eye on you. What was nature thinking of when she gave a girl legs that are shaped like a pair of ice tongs?

SOMEBODY IS ALWAYS TAKING THE JOY OUT OF LIFE



THE DAYS OF REAL SPORT.



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