

LEGUMINOUS FORAGE CROPS FOR SOUTH



COWPEAS ON LEFT—SOY BEANS ON RIGHT.

(Prepared by the United States Department of Agriculture.)
Cowpeas are grown more widely in the cotton region than any other leguminous crop. They are fairly well adapted to all types of soil, when well drained, and they make a good crop for either hay or pasture. Cowpeas are easily grown, and the seed is relatively inexpensive. They may be used to occupy the ground as a regular crop, but are also well adapted as a catch crop for pasturage or for green manure. When well cultivated, they leave the soil in good condition to harrow without plowing for grain or other crops.

There are many varieties of cowpeas, which vary considerably in habits of growth and time of ripening. The Whippoorwill and the Great are vigorous, upright growers and therefore well adapted for heavy yields of hay. Trailing varieties, like the Black, the Red Ripper, or the Unknown, are good for pasture and to leave on the ground during the winter for soil enrichment. Under each of these three names, however, various different varieties occur in the seed trade. The Iron and the Brahman are noted for their resistance to wilt and root knot, diseases which frequently occur, and they alone should be used where these pests are prevalent.

Cowpeas may be sown in rows or broadcast. The former method permits of cultivation, requires less seed, and usually gives better yields, while the latter way requires less labor. When sown in rows they should be from three to four feet apart, and from two to three pecks of seed per acre should be used. Sorghum or corn is sometimes sown with cowpeas to be used for hay or silage. The cowpeas are held off the ground in this way, and the stalks keep the cut cowpeas loose, so that air is admitted more readily and the hay is easily cured.

Curing cowpeas hay during a rainy season is difficult, and for this reason planting should be done at such times that the cowpeas will be ready to cut during the dry weather which is common in September and October in most parts of the South. The hay should be cut when the pods begin to turn yellow, but cutting may be deferred till later in case of unfavorable weather. The ordinary mower is the best machine for cutting. When the vines are thoroughly wilted they should be turned with a tedder or pitchfork and may then remain for 24 hours or so before being raked into windrows. The hay should then be put into cocks and remain there until it is sufficiently cured for hauling to stack or barn. When the weather is especially favorable the curing may be done in the windrows, thereby saving the labor of cooking. If it gets wet in the windrow it should be spread out to dry as soon as the water has dried from the



Lespedeza Hay, Cocks Covered With Canvas.

surface. A convenient device sometimes used for drying cowpea hay may be made with strips or poles six feet long joined at the top and held four feet apart at the bottom by means of cross pieces. The vines are piled upon this rack, which permits the air to circulate freely among the vines, thus curing them quickly and satisfactorily with little loss of leaves.

Soy Beans.
The soy bean is a comparatively new crop in this country, but one which has fast gained favor in the South and North alike. The soy bean withstands dry weather well, and makes a hay similar in quality to that from cowpeas. It grows erect and holds its leaves better than cowpeas, but has a more fibrous stem. Soy beans produce heavier seed yields than cowpeas and

the seeds are richer in feeding value. There are many different varieties, which vary in time of ripening from 90 days from sowing to the entire growing season.

Soy beans, like cowpeas, are sown broadcast or drilled, but, being erect, are well suited to cultivation in rows. Rows should be placed three or more feet apart, and the seeding should be from one and one-half to two pecks per acre. This quantity of seed should, of course, be increased for broadcast sowing. The seed should be planted not deeper than two inches, and as this is still a new crop in many places inoculation should be practiced. It is not well to plant soy beans near to woods, as rabbits are very fond of the plant.

If used for hay, soy beans should be cut when the first leaves begin to turn yellow; if for seed, the cutting should not be done until the leaves have nearly all fallen. The pods of many varieties shatter easily, and should be harvested as soon as ripe and in the morning, when pods are wet with dew. Soy beans are harvested for hay in the same manner as cowpeas, but are cured with less difficulty. The hay is fully as nutritious as that from cowpeas and is relished by all farm animals.

Lespedeza.

Lespedeza is a self-seeding annual legume, which is spread over the entire cotton region except on the light sandy soils of Florida. It is universally used as late summer pasturage, but on fertile soils it makes such a heavy growth that it is profitably harvested for hay. On fields that have become barren and unproductive, lespedeza will do much to restore the fertility of the soil, and commonly it appears, even if not sown.

Seeding should be done in late winter or early spring at the rate of about one-half bushel of seed per acre. When grown for hay it is commonly sown with oats, the oats being sown in September or October and the lespedeza in the following February or March, after first harrowing the ground. The principal part of the lespedeza plant is leaves, the stems being very slender. It makes a hay equal to red clover or cowpeas in quality.

Alfalfa.

On land where it will succeed, alfalfa is one of the best crops for a permanent meadow, and is also valuable as a pasture plant. Alfalfa needs rich, well-drained land having a loose subsoil and containing a good supply of lime. The black prairie region of Alabama and Mississippi, the alluvial sections along the Tennessee, Mississippi, and Red rivers, northeastern Texas, and the region of the Rio Grande are all adapted to the production of alfalfa. Wherever the soil is of limestone origin, or contains a high percentage of lime, alfalfa is nearly sure to succeed. Sandy soils and dry clay uplands have not proven satisfactory for alfalfa, neither does it thrive in the Gulf-coast region.

Many soils not naturally adapted to alfalfa have been made suitable by special treatment, and the acreage of this crop is increasing very fast as a result of the utilization of such areas. Some wet lands become suited to alfalfa when thoroughly drained. Lands newly drained and many other well-drained lands commonly need an application of lime for alfalfa. From one to two tons of burnt lime, two or three tons of slaked lime, or three or four tons of finely ground limestone per acre are good applications. The seedbed should be thoroughly prepared before sowing alfalfa seed; that is, it should be finely pulverized, well compacted, and free from weeds. Well-cultivated fields of early varieties of cowpeas or soy beans, early potatoes, or similar crops which mature early may be prepared easily for alfalfa.

Fall-sown alfalfa should yield from three to five cuttings the following season and average about one ton of cured hay per acre each cutting. There is no better hay than alfalfa for dairy, beef cattle, sheep, and young growing stock of all kinds. It is also a valuable feed for working animals, but care should be taken not to feed it excessively. It affords splendid pasturage for hogs, but care must be taken not to pasture it too closely nor too late in the season. In general, pasturing alfalfa is not to be recommended in the South, as the stand is frequently injured, then weeds thrive and invade the field.

THE KITCHEN CABINET

If you would not be forgotten as soon as you are dead, either write things worth reading or read things worth writing. —B. Franklin.

FOOD FOR THE FAMILY.

Put any piece of veal in a stewpan with just enough boiling water to cover it. Season with parsley, celery and leeks tied together, the peel of one lemon and one large carrot cut in dice. Boil for an hour, season with salt, then let simmer until the veal is out and lay it in a roasting pan. Strain the broth; there should be two quarts. Put a half cupful of butter in a frying pan; in this brown two tablespoonfuls of flour, then add the hot broth and stir until smooth and creamy. Pour this over the roast and put into the oven to brown.

Stewed Lettuce.—This is a dish which will use the broken or unsightly leaves of lettuce and give the family an economical green. Cook the well-washed leaves until tender, drain, then put into a stewpan with thin slices of salt pork and a cupful of veal or chicken broth. Cook gently for an hour. Drain in a sieve, slightly thick in the sauce and pour it over the lettuce when ready to serve.

German Carrots.—Cut four small carrots into shoestring shreds. Put two tablespoonfuls of butter into a saucepan with a small onion finely chopped and cook until tender, then add the well-drained carrots, a teaspoonful of sugar, and let them simmer tightly covered. Do not let them scorch; add a little lemon juice and a sprinkling of parsley when ready to serve. Cream instead of lemon juice may be added for variety. Cooked peas may be added to the dish also, giving it variety. A heavy strap, into which is stirred two or three tablespoonfuls of pineapple finely shredded, may be used as a sauce with cherry jelly, if no cream is at hand.

Chocolate and Cheesecake Pudding.—Heat a pint of milk with a square of grated chocolate; mix half a cupful of sugar, three tablespoonfuls of flour, the yolk of an egg and a pinch of salt, with the milk to make smooth; add to the boiling milk and cook until thick. Beat the white of the egg to a stiff froth, add one tablespoonful of sugar and a half teaspoonful of cheesecake essence. Put spoonfuls of this in a pudding dish and pour the cream around it.

Words learned by rote a parrot may repeat, but talking is not always to converse. —Cowper.

SEASONABLE DISHES.

Cook separately until tender potato balls or small, even-sized potatoes, beets of the same size and small button onions, two cupfuls of each. When well chilled, marinate each in French dressing, roll the potato balls in parsley and celery leaves finely minced, and heap them in a bed of lettuce on a platter. Around these arrange the onions, and the beets outside against the green of the lettuce.

Mocha Macaroons.—Make a custard with the yolks of four eggs, one-half cupful of stiff coffee. Add six tablespoonfuls of powdered macaroons to this and bake the custard until set. When cold, cover with the whites of the eggs whipped stiff with a quarter of a cupful of boiling hot sirup and a half cupful of whipped cream. Garnish with candied cherries and angelica.

Crumbs of brown bread rolled fine and stirred into cream makes a change which is well liked.

Winchester Nut Bread.—Dissolve a half cupful of brown sugar and three-fourths of a cupful of hot water; add a half cupful of molasses and three-fourths of a cupful of milk; stir two cupfuls of entire wheat flour and a cupful of bread flour sifted with two and a half teaspoonfuls of baking powder, three-fourths of a teaspoonful of salt and a half teaspoonful of soda and three-fourths of a cupful of coarsely chopped walnut meats. Turn into a buttered pan and bake an hour and a quarter.

Cheese Eggs.—Butter a baking dish or six ramekins and spread the bottom with grated American cheese; slip in six eggs, dust with salt and pepper and cover with more cheese, using three-fourths of a cupful; cover with buttered crumbs and barely cover with cream. Set in hot water and bake slowly until the eggs are set—about ten to twenty minutes.

German Filled Noodles.—Cut noodle dough into strips four inches long and three inches wide; spread with seasoned, cooked spinach and place another piece of noodle dough on top; pinch together like turnovers and drop into well-seasoned soup stock to cook about ten minutes. Any left-over may be rolled in parmesan cheese and fried.

Apple Sauce Cake.—This is such a popular cake that everyone should have the recipe. Take a cupful of unsweetened apple sauce, 1½ cupfuls of sugar, yolk of one egg, half a cupful of shortening, a teaspoonful each of

cinnamon and baking powder, a half teaspoonful each of soda and cloves well mixed and sifted with two cupfuls of flour. Strain the sauce, add the soda to it, the flour and spices with the baking powder, beat well, and bake in layers. Put together with whipped cream and apple sauce enough to spread without making the cream too thin.

The fault of the age is mad endeavor To leap to heights that were made to climb. By a burst of strength, or a thought that is clever We plan to outwit and forestall time. —E. W. Wilcox

EAT MORE FRUIT.

The days are just when the orange was a luxury. It is an every-day fruit found in the market from one year's end to the next. There are seasons when the fruit is more plentiful, and then is the time to prepare for the season of higher prices. It is hardly necessary to mention that the orange is a liver stimulant and a gentle laxative, for its virtues are too well known. The mineral matter which it contains is not so well understood, and this is the chief of the chief important elements which make the fruit highly valuable. Oranges contain phosphates, which are a nerve food and are most useful in cases of insomnia. As a refreshing tonic, to be entirely successful it should be eaten at least a half hour before breakfast. The juice strained may be given to very young children, not too near the milk feeding. The orange may be served in such a variety of attractive ways. Sliced oranges make a most attractive dish. Peel the orange and remove all the white skin. Slice very thin, removing any seeds if present; arrange the slices overlapping on a small glass platter or oblong plate, sprinkle lightly with powdered sugar and garnish with candied cherries.

As a salad, a most delicious combination is oranges, pineapple, a few dates, and quartered marshmallows served with any dressing made thick with whipped cream. When oranges are used as salad for fish or duck, the dressing should be a French one, using lemon juice for the acid.

For serving an invalid, the orange should be peeled and all the skin from each section removed; then arrange around a mound of sugar and serve. An orange prepared flower fashion is a most dainty way to serve the fruit to an invalid. Cut down the skin in eighths to within an inch from the blossom end, then strip down in points and fold or turn them in. The orange may then be pulled apart in sections, leaving an inch or half inch band around the fruit, equator fashion. Then spread open and the sections are easily removed.

They who have sunny dispositions are always on the sunny side of every street. Kindness is the golden chain by which society is bound together.

CHAFING DISH SUPPERS.

A chafing dish is generally used for informal occasions, and nothing is more conducive to the general pleasure than something for several to do to assist in the preparation of the meal. For Sunday night suppers where there is a guest or two the enjoyment will be double if they take part in getting things ready.

This is also a time to let the man of the house use his ingenuity as well as the children, everybody loves to watch a meal in preparation especially if all the appointments are pleasing.

For the server at the chafing dish table the chair should be high, so that all the stirring and seasoning may be done with ease. The chafing dish should be set upon a metal tray, the lamp carefully filled, all utensils needed near at hand. Pure alcohol should be used in the lamp, as an inferior one gums and spoils the lamp. One of the essentials in all work, especially in table preparation, is noiseless work, so the wooden spoons are better to use than metal ones. The curved silver affairs may be used for serving.

With the spoons as utensils for preparations should be small receptacles of salt, pepper, celery salt and paprika. If onion is used it should be finely minced and placed in a small, attractive dish. All ingredients should be prepared beforehand, and placed in pretty receptacles within easy reach. A wheel tray is a most convenient assistant, saving many steps, the soiled dishes may be quickly gathered and removed and all the supplies kept on it if wished. Dainty finger rolls or sandwiches are the usual accompaniment to any dishes served from the chafing dish, these are prepared beforehand. A salad is another well-liked dish. This may be either sweet or more substantial, depending upon the other dishes served.

Miss Marlon Weston Cottle, a member of the Massachusetts bar, who is planning to organize a cavalry regiment of women to help police the region about Boston.

Nellie Maxwell

SPELLING VICTORY WITH THE FLAGS



Sailors spelling the word "Victory" with their signal flags.

NEW TYPE OF SUBMARINE CHASER



This submarine chaser, of a new type and great speed, was tested recently in the waters off Block Island, N. Y.

RADIO GIRL IS PATRIOTIC



Miss Margaret M. A. Donahue of Boston is, upon the best information, the first woman in the United States to get a first class commercial radio operator's license. In a letter to Capt. H. C. Gawler, federal radio inspector, she said that she would accept active duty in any branch of the service.

ORGANIZING WOMAN CAVALRY



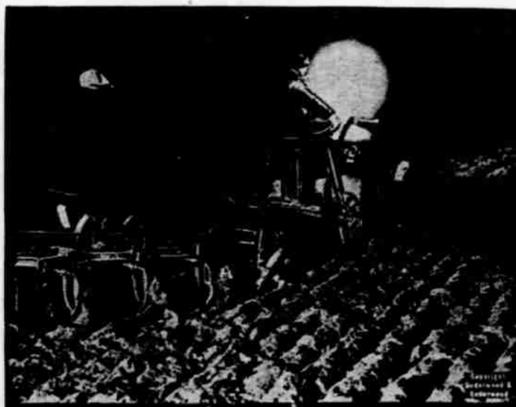
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NINTH GENERATION WANTS TO SERVE



Captain Sumner E. W. Kittelle of the U. S. S. Georgia and his son, Sumner Sigisby Kittelle, of the nine generations of the Kittelle family born in Peekskill on the Hudson, eight have been officers in the United States navy. If Captain Kittelle has his way and the young man sticks to his naval program, there is no doubt but what some day young Sigisby Kittelle will be the ninth one of the family in the navy.

PLOWING BY NIGHT IN ENGLAND



This photograph was made near Wendover on a large farm, where men, and especially women, are working day and night to prepare the land for crops. The motor tractor and acetylene gas generator enable the farmer to run day and night shifts.