

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.

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.

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.

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.



Lespedeza Hay, Cocks Covered With Canvas.

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 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.

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-planting. 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.

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.

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.

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.

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.

The seedbed should be thoroughly prepared before sowing alfalfa seed; that is, it should be finely pulverized, well compacted, and free from weeds.

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.

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. —M. 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 tender; take it out and lay it in a roasting pan.

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.

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.

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.

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.

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.

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.

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, 1 1/2 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.

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 set upon a metal tray, the lamp carefully filled, all utensils needed near at hand.

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.

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



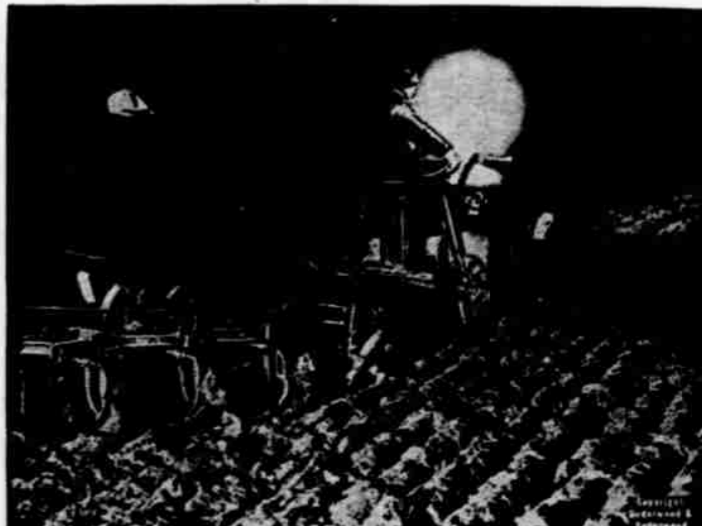
Miss Marlon Weston Cottle, a member of the Massachusetts bar, who is planning to organize a cavalry regiment of women to help police the region about Boston.

NINTH GENERATION WANTS TO SERVE



Captain Sumner E. W. Kittelle of the U. S. S. Georgia and his son, Sumner Sigsby 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 Sigsby 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.