

LIKE MILK AS FOOD

Quart a Day to Family of Five Persons Is Proportion.

Two-Thirds of Supply Furnished by Cows Is Used to Make Butter and Cheese—Where Good Quality Comes From.

Washington. Although two-thirds of all the milk produced by farmers for sale is used to make butter and cheese, the other third is sufficient to allow each person to consume on an average of about twenty gallons a year. This means about a quart a day to a family of five persons. In other words, milk and cream together furnish 16 per cent of the total food of the average American family of today.

In some parts of the world other kinds of milk are used than that taken from "old bossey" Goats' milk is common, especially in the hilly districts of Europe; buffalo's milk is much used in India; the llama's milk in South America; camel's milk in the desert countries; mare's milk in the steppes of Russia and central Asia; reindeer's milk in the arctic regions, but cow's milk predominates entirely in the western world. Perhaps no food has been more often studied by chemists than milk and its products, and a great deal of information is available regarding the composition and properties of this important food material.

The milk which is ordinarily sold for household use is subject to considerable variation in composition. It is owing to such natural variation in composition that milk is purchased at creameries on the basis of its fat content. This variation in nutritive value is in large part attributable to differences in the breeds of cows kept, certain breeds producing more milk that contains fat than others.

Among the best for producing cream are the Channel Island breeds, which give a milk rich in fat that easily rises to the top. The age of the animal also has considerable influence, young cows producing richer milk than old ones of the same kind. In general, a well fed cow gives more and better milk than if poorly fed, but the relative proportions of fat, casein, and sugar in the milk are not so greatly influenced by the composition of the food as is the quality of the milk.

The average cow of a given breed possesses certain capabilities for producing milk, but does not reach her normal capacity of milk production unless she is well fed. When once she has a sufficient and well balanced ration, neither the composition nor the amount of the milk yield seems to be greatly improved by either increasing the ration or changing the proportion of the nutrients it supplies.

Disease germs may get into milk either directly from a diseased cow or indirectly from a diseased person, from polluted water, or some similar way. There are many other possible sources of contagion. Among the contagious diseases to which the cows are not liable, but which may be spread by milk, the most common are scarlet fever, typhoid fever and diphtheria. The records show that milk is often the cause of an epidemic, and not infrequently it may be traced to the milk from a single farm.

Some idea of the importance of milk as human food may be gained from the fact that about one-sixth of the total food of the average family is furnished by it and its products. Milk from various mammals is used in various parts of the world, but that of the cow far surpasses all other kinds in importance. Few staple foods vary so much in composition, but, on the average, good, unadulterated milk should contain about 87 per cent water and 13 per cent solids.

FRENCH CORNER IN TOBACCO

Gigantic Combination Forming in Paris to Control Turkish and Egyptian Cigarette Trade.

Paris.—Egyptian cigarettes are a luxury which promise to become much more costly in the near future. The crop of leaf used in the preparation of these favored weeds will probably, after next year, get into the hands of a single group of "cornering" speculators. One atom of comfort is that they cannot touch this year's crop. News has been received from Turkey that a great tobacco combination, with several millions of capital, is being formed to control the Turkish and Egyptian cigarette trade at the front, and testimony from the home tobaccoist confirms the rumor that a really big deal is imminent. A Parisian cigarette specialist said that the trade had been unsettled for some time by the reports, which were undoubtedly true, and it was well known that a prominent Egyptian advocate had been repeatedly in Paris about the matter of late.

Sleep Walker Injured.

Greenwood, Del.—Dreaming that he was erecting a building and was walking along a narrow scaffolding, James Hamilton walked in his sleep through a hallway and fell down a flight of stairs, fracturing a rib and breaking an arm. Hamilton remembers the dream very well, but had no idea what he was doing until he fell and found himself lying injured at the bottom of the stairs.

ITALY TO RENEW ITS FORESTS

Extensive Operations in Reforestation Have Been Carried on for Fifty Years—Progress Made.

Washington.—Italy, which has suffered extremely in the past from the ruin which follows the removal of productive forests, is now among the leading nations working for the conservation of forest resources. Extensive operations in reforestation have been going on for 40 years, and the Italian secretary of agriculture has just published his report on the progress made in that time.

This report indicates that the Italian government is keenly aware of the value of forests to the country, and that it is determined to bring its desolated lands into a forested state as soon as possible. To attain this end, planting operations have been conducted on government land to such an extent that during the last 30 years 122,000 acres have been planted in 25 of the provinces of Italy. Of this area, 69,000 acres, or approximately 108 square miles, were planted in the year 1907 alone, causing an outlay of nearly \$2,000,000 and giving employment to a large number of men.

Reafforestation has been carried on so vigorously that there now remains only about 36,000 acres of government land in need of planting. In addition to conducting planting operations on a large scale, the Italian government has during the last 40 years distributed over 130,000,000 young trees and 237,600 pounds of seed, an amount sufficient to restock approximately 100,000 acres of land, to the people in an effort to encourage planting and sowing by private persons. As the forest area of Italy amounts to only slightly more than 10,000,000 acres, this planting by the government and private persons amounts to approximately one-fourth of the total forest area of Italy. Further steps must be taken by the government, however, before its forest policy will prove the success of some of its European neighbors.

Forest fires still continue to be the cause of heavy damage. During the year 1907, 1,234 fires were reported with an estimated loss of \$194,490. While this amount is insignificant when compared with the yearly loss from fires in the United States, it is large, relatively speaking, and would be viewed almost as a calamity in the better managed German forests. Of these fires, 94 were due to criminal design, 267 to culpable negligence, 132 to accident, and the rest to unknown causes.

Fire, however, is not the only enemy of the Italian woods. The small landowner often fells recklessly, and sometimes with good excuse, because of the heavy taxation of timber lands. Large tracts which used to be covered by a thick growth of chestnut have, even during recent years, been stripped of every tree.

Like all other countries where forestry is successfully practiced, Italy must not only resort to planting the cut-over areas, but must also perfect a system of fire protection and enact laws to relieve timber lands of excessive taxation.

HOW ROCKEFELLER GOT JOB

Tells Cleveland Sunday School Boys That They Must Earn and Keep Good Reputations.

Cleveland, O.—John D. Rockefeller told the Euclid Avenue Baptist Sunday school how to get a job and hold it.

"You've got to get a reputation before you can get a job, and you'll have to work to hold it. This is Mr. Rockefeller's philosophy.

"A boy does not have to be smart," he said, "but he must work as hard when his employer is away as when he is watching."

Mr. Rockefeller told of his own experiences in getting a job.

"I was a boy like some of you then and the trouble I encountered always makes me remember it. I was almost discouraged when I got a job. It was in the morning when I found a place where there was a little ray of hope. I was told to come again—they would let me know."

Mr. Rockefeller told how an old gentleman who knew him when a young lad had been questioned by his prospective employers.

"It is the same way with boys now," he continued. "Employers will inquire of your acquaintances, especially of your pastor and teacher, so you can see it is not only proper but profitable to be honest."

"Many boys get positions, but they do not hold them. Why? They never do their work thoroughly and their employers must do it over after them. Remember, boys," he continued, "that is no way to begin life."

Wife Will Spank. Pittsburg, Pa.—Thomas Wilson of Carnegie cannot spank his child any more. Whenever any correction is necessary his wife will perform the act. This point was decided by Judge John G. Haymaker, in criminal court, the other day. Mrs. Wilson preferred a charge of assault and battery against her husband and informed the court that he had abused their child.

Nearly Drowns on Train. Altoona, Pa.—Beating his way home on the front end of an express car on a Pennsylvania train, F. A. Pettinger of Harrisburg was almost drowned when the locomotive took water on the fly at Sang Hollow. "Chilled to the marrow he climbed over the locomotive tender to get warm, and the engineer thought he was another train robber, until he learned the truth.

OXYGEN AIDS WORK

Athletes Derive Benefit from This Source After Exercise.

Dr. Anderson of Yale Gymnasium Gives Results of Experiments in Relieving Heart and Lung Distress in Physical Exertion.

New Haven, Conn.—The experiments which have been carried on for 3 years by Dr. William G. Anderson, Director of the Yale gymnasium, prove that there is a new field for the use of oxygen in relieving heart and lung distress in physical exertion, according to the report Dr. Anderson has just made public.

The report is divided into two parts. One relates to the extensive experiments performed on Yale athletes. More than 600 were examined and the effects of oxygen on their hearts was studied. This report is now in the hands of Prof. Russell H. Chittenden, director of the Sheffield scientific school, and will not be published in details for several weeks.

Its conclusions are not so decisive as those from the experiments made on athletes in mountain climbing. The series is detailed in the story of the ascent of the three Mexican volcanic mountains—Orizaba, 17,879 feet in height; Popocatepetl, 17,784 feet, and Ixtaccihuitl, 17,476 feet. The Mexican guides who accompanied the party had never before been able to ascend the last-named peak.

Eleven persons took part in the trip, which was made in the last Christmas vacation. Joel Ellis Fisher, Jr., of New York city, a Yale student, financed the undertaking. A student was made of oxygen during the ascent and it signally relieved the distress, so that the climb was made with much greater ease than would have otherwise been possible.

Two sets of experiments were made in the use of oxygen during athletic contests. The contests were held first at the "Huts of Pallegallians," about 12,000 feet above the surface of the sea, and then at the "Caves of Cholula," 12,400 feet above the sea. In the first contest, it was not deemed advisable to try anything more strenuous than the 100-yard dash, although the athletes upon whom the tests were made wore the heavy uniform of a traveler. As a result of the tests Dr. Anderson reports:

I have no hesitation in saying that the dyspnoea caused by high altitudes is very materially alleviated by oxygen.

Oxygen reduces the pulse rate if taken before the run or if taken before and after the exertion. The gas greatly relieved the dyspnoea which was evident after each run. If oxygen is not taken, the heart rate is quickened, and does not return to normal beat so quickly.

His report on the second series, which consisted of walks, follows:

Oxygen given before walking reduces the heart rate. Taken afterward, it also reduces the number of heart beats quickly. The walk, without the use of oxygen, quickens the action of the heart noticeably. If the gas was not inhaled after this effort, the heart did not return to its normal beat so quickly.

Dr. Anderson throws light on the use of chocolate as a food by his experiments. He used it in climbing one mountain, and found that it afforded decided nourishment. This report upsets the claim of several students of an athletic diet.

General use of oxygen in the handling of athletes is expected to follow the publication of Dr. Anderson's report. The experiments are expected to revolutionize mountain climbing, and to make accessible many peaks never yet climbed.

LIFTING VEIL OF SECRECY

Names and Addresses of Persons Carrying on Clandestine Correspondence Given to Authorities.

Chicago.—Three thousand women, part of the army of persons in Chicago who obtain their mail at the general delivery window in the Chicago postoffice, revealed to the postal authorities, many under protest, their true names and addresses the other day. They were required to sign "cards of identification," and these were placed on card indexes for reference at each recurring application for mail.

The requirement, enforced now for the first time, tears away part of the veil of secrecy under which many a clandestine correspondence has been carried on through the medium of the general delivery window and, in that respect, if in no other, according to Postoffice Inspector Stuart, its originator, will produce a reform for which urgent demand recently has gone up from ministers, reform leagues and others working for the city's purification.

Steal Gun from Fort. St. Petersburg.—The theft of a big gun from the St. Petersburg artillery barracks has caused a great stir in military circles.

Notwithstanding the strict supervision and many sentries, the whole of the heavy gun completely vanished in one night.

Pieces of gun were found later in different rag and old iron shops. Four private soldiers and a noncommissioned officer were arrested, but wysterly still surrounds the robbery.

DEER DAMAGE EASTERN FARMS

New Law to Prevent Killing of Animals May Be Necessary in State of Massachusetts.

Boston, Mass.—The state legislature will next session may have to let down the law and permit the killing of deer for the damage to farms being caused. The deer have been doing a great deal of damage to farms in the Commonwealth, and the legislature is considering the matter.

Boston suburbs seem to be a sort of happy gathering place for the deer, and only recently individual animals have been seen in Stoughton, Chelsea, Cambridge, Blue Hills and Middlesex Falls. They have multiplied in such numbers that they are overrunning farms in the country, and have become so bold at the apparent immunity with which they are being treated that they have walked the streets of some of the smaller towns.

The law of the state permits the killing of deer when in the act of destroying crops, but the farmers seem to prefer to have the state pay the damages done by the deer. In 1909 the legislature appropriated \$4,500 to pay for such damages, but from indications this will not be sufficient.

Domenico Grandoin of Oxford, in Worcester county, wants the state to pay him \$175. Grandoin claims that one deer not only ate up a cabbage patch within 100 yards of his door-step, but destroyed a number of fruit trees and beans, trampling in all about 12 acres of planted ground.

The town of Bernardston claims to have been twice visited by a strawberry-eating deer and handed in a bill of \$160.

Franklin county has claims of \$800 and Middlesex of \$100. In Ashfield a farmer has collected \$50 for damage to apple trees, while in Great Barrington a farmer has secured \$20 for damages to his crop of rye.

SOILS LONGEST TILLED BEST

Government Expert Declares Productivity Is Increasing Even in Rock-Ribbed New England.

Washington.—Declaring that the world's soils are today a greater storehouse of fertility than they ever were, Prof. Milton Whitney, chief of the soils bureau in the department of agriculture, in a bulletin just issued, takes a stand in direct opposition to the view of many writers that soils are gradually wearing out.

Prof. Whitney states that a study of the record for the past 40 years will show that the average of crops is increasing, particularly in the older states, where the soil has been worked the longest. There has been, he states, an increase of two bushels in the average yield of wheat per acre in the past 40 years, although the yield of corn has decreased one-half bushel.

"The soils of New England have materially increased in yield of corn and wheat during the 40 years," says the professor, "but, what is more startling, they are producing considerably heavier yields than the soils of the Mississippi river states."

He adds that an examination of records shows that the leading European nations are not only producing greater crops now than at an earlier period, but the crops are larger than those produced by the comparatively new soils of the United States.

WEALTHY SON TOILS IN SHOP

Member of the Vanderbilt Family on a Vacation After Year of Labor at Milwaukee.

New York.—James Watson Webb, son of W. Seward Webb, grandson of William H. Vanderbilt and the probable heir to many millions of dollars, is spending his vacation here after a year of hard labor in the shops of the Northwestern railroad at Milwaukee.

"The men in the shops with whom I have been working," said young Mr. Webb, "are princes. They did not know who I was and they took me right in for my own sake, and were calling me by my first name in a week. Just as men to men they have no superiors on earth. Their word is their bond."

"The standard of morality among working men is just as high as in other classes. The life of the workman is sane, the kind every American ought to lead. The laboring man is not lacking in brains; only in an opportunity to develop."

Women Can't Keep Secret. London.—A curious protest was made the other day against the employment of women clerks in the Bank of England. One of the shareholders raised the subject at the half-yearly meeting of the court of governors.

"They should not be here," he said. "They ought not to be in this establishment. They cannot keep a secret. You know they cannot. It is impossible."

"I cannot think the speaker is right," said R. E. Johnson, a governor. "In saying women clerks should not be employed at the bank they are well adapted for the work they have to do."

Snake Swallows Calf. Chardon, O.—Hamden is excited since that locality has become the abiding place of a monster black snake, which stretches the width of the roadway, being nearly 15 feet long. A calf belonging to John Makes disappeared and the opinion is that the big snake has made a meal of it. Some think the reptile escaped from a menagerie.

PROFITS OF FOREST

Practical Value of Woodlands in Germany Is Immeasurable.

One-Third of Area of State of Baden Devoted to This Industry, Which Yields Big Gains—Average of Other States.

Philadelphia, Pa.—In view of the general interest in the practical value of woodlands, as advised in this country by the American Civic association, the report obtained by S. B. Elliott of the Pennsylvania forest reserve commission concerning the practical value of such woodlands in Germany is a remarkable document. This shows the actual profits obtainable from public forests, according to the American Civic association.

There are 1,312,944 acres of forests in Baden, which state has a total area of 3,720,665 acres. Of the wooded lands, 577,465 are owned by municipalities and corporations. In Baden 1,350 of the 1,564 communities have forests and, in addition, 287 schools, churches, hospitals and other similar corporations are engaged in practical forestry. From these public forests there are allowed to be cut yearly 261,724,300 board feet of timber, which has a value of \$2,000,000 free of expense of cutting.

As an instance of the communal forests, the city of Baden has 10,576 acres, the income from which is \$290,471, as against an outlay of \$1,391,000, so that the net profit is \$68,980, or approximately \$625 an acre. In Erlangen the forests cover 8,085 acres, representing a total income of \$81,165 with an outlay of \$17,320, or a profit of \$63,845, or \$7.79 an acre. In Heidelberg the forests cover 63,900 acres. The income is \$2,531 and the outlay \$27,180, showing a profit of \$12,655. Heidelberg still is acquiring land, and that expense necessarily reduces its net income.

In the village of Braunlingen, which has 1,601 inhabitants and 1,507 acres of forests, there is an allowance to the citizens for firewood and 10,000 board feet of lumber is given to churches, schools and other public institutions. From the timber sold the net income is \$11,500 and Braunlingen is not only free from all communal taxes, but is enabled to establish electric plants, water works and other public improvements.

Even in the village of Aufen, with only 229 inhabitants, there are 1,263 acres of timber lands. This gives 2,000 board feet of firewood to each citizen, and the \$5,000 board feet of timber sold nets more than \$1,000, which is sufficient for all expenses of the little community.

These advantages of public forests could be multiplied to the number of every community having them. According to the very latest report, the various German states having productive communal forests are: Prussia, 6,369,109 acres; Bavaria, 2,041,400 acres; Wurttemberg, 466,203 acres; Alsace-Lorraine, 373,417 acres; Baden (domains), 229,896 acres; Hesse (state and domains), 177,923 acres; Prussia (crown), 165,482 acres, and Feurtenberg, 74,483 acres.

In Hesse forests are being planted upon land hitherto devoted to agriculture.

DEAD FISH COVER THE SEA

Crude Oil from Wrecked Steamer Kills Hundreds of Fish, Large and Small, Says Sea Captain.

San Francisco.—According to the crew of the barkentine City of Papeete, which arrived here the other day, the sea near Point Arena was literally covered with dead fish when the vessel passed that part of the coast.

The Papeete was sailing along over a comparatively smooth sea, when she ran into a shoal of dead fish, large and small, and apparently of all varieties. The crew of the barkentine was inclined to attribute the presence of the fish, which had evidently been killed only a few hours before, to seismic disturbances. But seafaring men who heard the story and who knew of the recent wreck of the steamer Winnebago, said that the presence of dead fish was probably due to the breaking of the fuel tanks of the wrecked vessel and consequent escape of large quantities of crude oil into the sea.

Mexico Faces Famine. Mexico City.—Mexico faces a corn famine which will require the lifting of the import duty on that cereal, says Luis Huelstrler, secretary of the Sociedad Agrícola Mexicana. The recent el-dado, which worked injury to the crop estimated at millions, was the culmination of a series of disasters to farmers, including copious rains, floods, droughts and tornadoes.

Ninety per cent of the vegetable crop also is destroyed, and prices in some instances are doubled.

Berry Went to Doctor. New Castle, Del.—Feeling twinges of pain in his left arm for several days, Alexander Terry thought that he was suffering from rheumatism until the other day the member began to swell. He then consulted a surgeon, who found that a bone in the forearm was broken and at once set it and placed it on a board. Terry said he was sorry that he had gone to the surgeon, because putting the arm on a board prevented him from working.

LITTLE PET CAUSES PANIC

Woman Left from Owner's Hat in Car and Other Women Jumped for Places of Safety.

Atlanta, N. C.—A woman's pet mouse that had ridden in the hat of its mistress rather than let her go to Nashville without her, caused a panic in a car of the L. N. S. train. The only woman present in the car was Miss Missell, owner of the mouse. She laughed at the other women when she saw the alarm at the fat little mouse. They ran in and out of her hat and did not start on its behalf.

"Kill it, kill it!" the woman who was sitting nearest to Miss Missell exclaimed.

"Don't you dare!" Miss Missell exclaimed indignantly. "The very idea of killing my pet mouse. Why, he loves me so much that he decided to take this trip to Montclair rather than be parted from me even for a few hours. Don't you dare kill it!"

One of the women appealed to the brakemen of the train, who was passing through the car.

"That lady has a mouse in her hat and she won't let anybody kill it," the complainant said, drawing her skirts just a little tighter.

"Are you sure it is a mouse in her hat and not a rat in her hair?" the brakeman inquired.

"Certainly I'm sure. Didn't it run out a few minutes ago and sit up on the brim of the hat and wink at me? The bold thing! Why it might get on the floor and—"

"I know, I know," the brakeman said hastily. "It's a terrible risk. Let me see what the regulations say about that."

Just then the mouse leaped from the back of the seat occupied by the excited complainant. She jumped so high a willow plume in her hat became entangled in the emergency brake stop and the train came to a sudden stop. The affectionate little mouse then scampered to the floor, and the women took to the high places on the seats. The brakeman made a hurried search for Miss Missell's pet, but he was unable to find it. Miss Missell looked daggers at the other women all the way to Montclair.

WHOLE TOWN BE AUCTIONED

Former Owner, Too Rich to Labor More, Will Sell Kansas Town to Highest Bidder.

Salina, Kan.—A live, hustling, Kansas town with half a railroad station, a grain elevator, half a dozen general stores, postoffice, dwellings, churches and other things, is to be sold under the hammer.

The village of Shipton, nine miles northwest of Salina, will be put up at public auction soon and sold to the highest bidder. Shipton is a strictly moral town without a saloon, gambling house or any other resort, and it is the center of trade for a rich farming section. The town is built on a wheat ranch of W. Seward Webb, who settled there 40 years ago. He has made so much money he is giving up farming to retire to his town house and live on the earnings of his bank stock and other investments. A dozen years ago, when his acres had expanded and he was becoming a big shipper of grain, he built a station and elevator for his own convenience.

Soon a general store was built on land rented from him, and in the last ten years quite a village has grown up.

Now Irwin has sold most of his farm and the balance of it, which includes the village of Shipton, will go at auction, together with all of the livestock and machinery on the farm.

THIRSTY BUY SNAKE BITES

Harmless, But Connecticut Men Get Drinks Without Registered Physician's Prescription.

Winsted, Conn.—Silas Wheaton, residing in Hampered, a non-licensing village, is said to be making a good living selling "Cook frost bites," as he calls them, but which in reality are snake bites, to men desirous of getting liquor in drug stores in non-licensing towns. It costs ten cents to be bitten and Wheaton, his customers say, furnishes the bandage.

The snake-bitten man hurries to a druggist, shows him where his skin has been pierced by the snake's fangs and gets a quart of something to counteract the poison. No druggist will demand a doctor's prescription when a life is in danger.

Furthermore, Wheaton's snake bites don't cost as much as some physicians ask for prescriptions. Wheaton keeps only green and striped snakes, but he says they can bite.

From Ballet to Bar. Lucerne.—Mlle. Maria Rutkowska, one time mistress of the Imperial Ballet corps of St. Petersburg, who abandoned the stage some five years ago to study law at Zurich, has just passed her final examinations, which gives her the privilege of practicing in the Swiss courts of justice. Mlle. Rutkowska has in effect applied to be admitted on the barristers' roll of Lucerne.

Corn for Scotch Grog. Washington.—American corn is used more extensively than that of any other country in the manufacture of Scotch whisky when the price is reasonable, says Consul J. McCunn of Glasgow. Scotch distillers use about 330,000 quarters of 480 pounds each annually. In 1908 \$1,309,300 worth of Scotch whisky was imported into the United States.

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Produced in Louisiana in the best vineyards of the State in the best conditions of health and vigor. Price of the bottle \$1.00. Sold everywhere.