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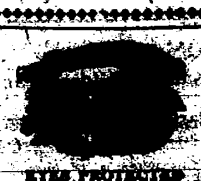
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Of Interest to F[illegible]

STATE IS SECOND IN FARM COMMERCE

County Shows New York Has Only With Only Pennsylvania Ranks Ahead With 9,527—Other Figures

New York ranks second in [illegible] motor trucks with [illegible] only by the [illegible] with 9,527. [illegible] 2,000 more [illegible] in New York [illegible] One farm in every [illegible] a motor truck.

[illegible] 9,962 reported in 1918. [illegible] tractors for farm [illegible] figures are from the federal bureau of the census, which has [illegible] a report showing for each [illegible] the number of farms having [illegible] tractors, motor trucks, [illegible] phones, and various other [illegible].

Illinois Tractor Leader

The largest number of farm tractors reported with by Illinois with [illegible] Iowa, Kansas and Minnesota ranked next in total number in the order named.

Automobiles were owned on [illegible] per cent. of the farms in New York State. Automobiles were reported for more than half of the farms in Nebraska, Iowa, South Dakota, Kansas, Minnesota, North Dakota, California and Illinois.

Nearly one-half of all New York farms have telephones. Not quite one-quarter have water piped into the house and about one out of eight farm houses has gas or electric lights.

In California, water is piped into more than one-half of the farm homes. Pennsylvania ranked next in this improvement, with New York third.

SAYS WAR IMPROVED FOLKS' FOOD HABITS

Columbia Writer Points Out Increased Use of Fruits and Vegetables as One Benefit

The food habits of the American people were permanently improved by the suggestions made to the public by the food administration during the war, according to Dr. Henry C. Sherman of Columbia University, whose article on the struggle in diet resulting from food conservation, has just been published in a bulletin in the reading course for the home by the State College at Ithaca.

Among other things of benefit pointed out in the bulletin, is the increase in the use of fruit and vegetables. Particularly desirable for health is the year-round use of these foods, now more common among people of varying incomes because of the impetus given to home canning.

More Milk Used

Another change resulting in greater health and vigor is the increased use of milk. Dr. Sherman points out the marked efficiency of the dairy cow over the beef animal as a producer of human food from the feed consumed, and prophesies that as the population of the country increases more and more grain will be converted into milk and dairy products rather than into meat.

Another gain in the dietary habits has been the increased use of cereals other than wheat. A discussion is given of the various cereals supplemented with dairy products, fruits and vegetables to form an adequate and healthful diet for the human being.

Thru the changes in diet mentioned an increased amount of the regulatory or vitamine substances have been added to the diet.

Those who wish a copy of the article may write the College at Ithaca for H. 139.

Homespun Yarn

Good manners are made up of petty sacrifices. — Emerson.

• • •

Put the screens away straight, so they won't be nagged for next summer.

• • •

Mend kid gloves with cotton thread; silk cuts the leather. And because of the dull finish, the cotton will show less.

• • •

Shelves in clothes closets and poles underneath hangers economize space and give a longer lease on the life of the clothing.

• • •

The war taught us something about food. Have you seen H. 139, the bulletin on this subject the State College at Ithaca has just issued?

• • •

One housewife makes pan holders like pockets and finds that they protect her hands from steam and hot ovens much better than the old-fashioned kind.

• • •

Aunt Ada's Axioms: "To permit [illegible] to suggest in school [illegible] is to [illegible] a [illegible] to a [illegible] to [illegible] to [illegible] to