HOMEMAKER'S Dispatch

Moulding Dough

A batch of cooked dough to amuse the kiddies—Yes, ma'am that's recommended play stuff for the youngsters when springtime rains or sniffles keep then indoors. The dough which can be used as modeling clay takes only a few minutes to make, according to specialists at Cornell's College of Home Economics.

Just mix 2 tablespoons of cornstarch with 4 tablespoons of salt. Pour on 4 tablespoons of boiling water and blend well. Then heat the mixture until it forms a soft ball. If the material crumbles add a bit more boiling water. Or if the dough sticks, roll it in a dusting of cornstarch. Since the dough hardens when it's not kept soft and pliable by kneading, you'll want to wrap unused dough in wax paper for future answer to the old cry, "Mommie, what shall I do now?"

Accent With Color

You'r sure to want more color in your wardrobe this spring. Color's fine to give clothes and spirits a lift, but use colors with restraint. Best for basic clothes are black, brown, gray, dark green, navy, or any greyed tone that is almost neutral. Bright colors are good when used in small amounts as accent.

And here are some interesting combinations: black, violet, aquamarine; black, chartreuse, bittersweet; navy and shell pink; dark red, greyed blue, and dusty rose; dark red and powder blue; gray, wine, flesh pink; gray, slate blue, coral, yellow; gray, green, orange; dark green, pale blue, orange; dark green, red-violet, red-orange; dark green and coral; brown, green, coral; brown, yellow, chartreuse, orange.

A Shampoo for Upholstery

Welcome sweet springtime, but why must the sunshine show up the dingy spots on the upholstered furniture? Cheer up! A good shampoo can brighten upholstery.

Use as a cleaner a thick suds made by dissolving 1 part of mild soap flakes in 4 parts of hot water. When the mixture has jelled, beat it with an egg beater until the jelly forms a dry lather. Be sure to test the material for color-fastness by applying a little of the lather to an inconspicuous part of the chair covering. With a soft brush or cloth, rub the lather over a small area, using a light—not hard—circular motion.

Wipe off the soap with a cloth dampened in clear likewarm water. Don't let water soak into the stuffing. Repeat the process, being sure to overlap the areas as you clean. When you've shampooed the whole chair, wipe over the surface with a clean, dry cloth. Brush pile material with a whiskbroom.

For Tender Meringues

Your meringues need not be tough, shrunken, nor sticky when cut if you use a few precautions in making them, say specialists at Cornell.

The simple one-two-threes are these: Have egg whites at room temperature when you beat them. Add a pinch of salt and 2 tablespoons of sugar for each white, but drop the sugar in gradually as you beat. Continue when you lift the beater. The meringue should be stiff but not dry. Have the pie filling warm when you spread it with meringue and bake at 425 degrees F. for 4 or 4½ minutes.

Better Health For Children

A Community Service Issued by Children's Hospital of Buffalo, N. Y.

When a child is about a year and a half old he seems to become contrary, to delight in doing the exact opposite of what is requested. This is a sourse of parental irritation which can be avoided to a large extent according to the Child Guidance Department of the Children's Hospital of Buffalo. However, it is pointed out that being contrary is a normal phase in the development of character and independence.

Children between the ages of two and three are apt to say "no" to almost everything. This is not so much that they wish to disobey as it is that they want to be their own boss. They seem to have to defy the grown-ups who have dictated to them since they were born. Nine times out of ten, after a child has declined to do what you ask, he'll change his mind in a few minutes and willingly obey. Parents' natural impulse is to insist that they be obeyed at once which only leads to vehment rebellion and a fuss. It's better to ignore the child's refusal, unless, of course it's a critical situation which threatens his safety. This changing his mind is the child's effort to make his own decisions and that's a serious undertaking because of his inexperience. His desire to be his own boss is evident also in his play. He insists on doing things his own way and bitterly resents interference or being hurried. He likes to keep things in a certain way and will become angry if they are rearranged.

During this period of develpment parents need particularly patience and understanding. They should let the child work out his own problems as far as possible. Keeping demands and instructions to a minimum can ease this trying time both for the child and his parents. For instance, if your child wants to dress himself, allow enough time so that he can dawdle a bit without having to be told to hurry. If he wants to feed himself, let him, but if he eats all he wants let him leave the table and play without interrupting the family. Allowing him to remain at the table when he is through invites playing with food and utensils.

With a little thought parents can lead children to wash their hands, get ready for bed and so forth while talking with them about other things. By diverting the child's attention in this way, fussing and arguments are often avoided and life becomes more pleasant for everyone.

Cornish is a member of the 17th Infantry Regiment (The Buffalos) speerheading the advance of "Operation Killer." His regiment participated in two amphibious landings and were the only United States troops to reach the Manchurian border.

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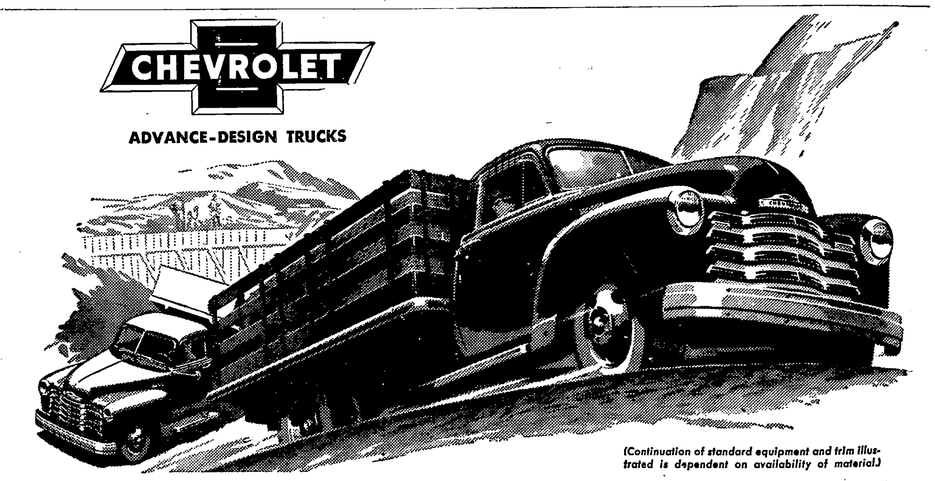

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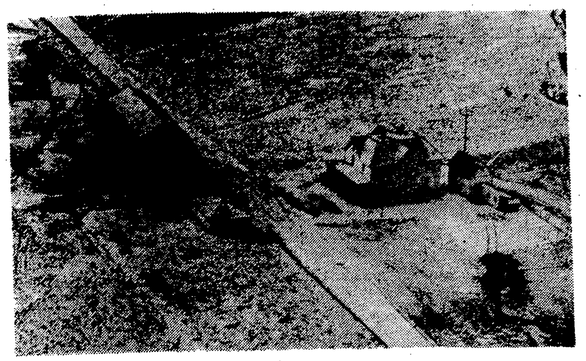
During World War I, fat was scarce in some countries, that it was salvaged from beech nuts, cherry pits, plum pits, horse chestnuts, and even from tallow candles.

With the 7th Infantry Division in Korea—Corporal Duane C. Cornish, son of Mr. and Mrs. Gilbert Cornish, Andover, is fighting with the northermost United States forces in Korea.

Can you identify your Farm from a Bird's Eye View?

The Andover News Lucky Farmer Photo Quiz



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Agricultural News

IRA BLIXT, County Agent

Birdsfoot Trefoil — The Coming King of the Legumes

It has often been said by agronomists and farmers alike, that alfalfa is the king of the legumes. But, here in Allegany County, that slogan will eventually change. The new, coming legume, birdsfoot trefoil will take the throne. Perhaps the reason for that is that this legume is more adapted to the steep slopes, poorly drained, non-plowable areas. Birdsfoot trefoil promises to improve both yield and quality of hay and pasture on many dairy and livestock farms in Allegany County. It will not replace other legumes, where they are well adapted to the soil and rotation and the farmer's need, but it has many of the qualities required for use where other legumes fail.

Description

This legume derives its name from the shape of the pods. The seed pods are brown when ripe and extend outward at an angle from the tip of the flower stem to give the appearance of a bird's foot. This long-lived perennial legume, with a much branching tap root, grows from 18 to 36 inches from a branching crown something like alfalfa. The plant has many fine stems, thus it tends to lodge unless grown with a supporting grass. The leaves have five leaflets, the five to seven bright yellow pea-like flowers are arranged in a cluster.

Wide Adaptations

Birdsfoot trefoil is a long lived legume and, although it is not recommended where alfalfa or ladino can be grown successfully, it has some very wide adaptations. It is well suited for hay, grass silage or posture, but should be limited more to areas where a long term legume stand is desired, either because of difficult plowing, fertility level or drainage problems.

Many successful stands are now located on hundreds of Allegany farms, with some being as old as ten to twelve years, and those look better today than the day they were seeded.

Establishing Difficult

Establishing trefoil is perhaps the most difficult. Of first importance is to select the variety. Empire, a broad leaf trefoil of eastern New York origin, is recommended for pastures and long term stands. For hay or short term stands, the less expensive European variety might be considered. Other considerations of importance are (1) Inoculate the seed with special trefoil inocuant; (2) The seed bed should be mellow and smooth at the surface, and firm below; (3) Lime and fertilize the field well; (4) plant the seed shallow, from one-fourth to one-half inch deep. The seed may be broadcast on the surface with the seeder and lightly dragged, cultipacked or rolled to cover; (5) Do not use manure as a fertilizer the first year, as it will bring in weeds and volunteer clover; (6) Many successful stands have been found where a companion crop such as oats, seeded at a rate of one to one and a half bushels to the acre and the oats grazed off to remove competition; (7) Never seed another legume with trefoil; (8) Normally trefoil should not be grazed or mowed the seeding year, except to remove competition and weed growth; (9) Seed not less than five pounds to the acre for hay or pasture.

Seed as a Cash Crop

Many farmers in the county have found the production of birdsfoot trefoil seed as a good cash crop. Some farmers harvested, in the past [illegible] 800 pounds, approximately [illegible] pounds to the acre. [illegible] great demand for this seed, the successful production of [illegible] seed, the possibilities [illegible] ern New York Seed Producers Cooperative has been considered. Leon Washbon of Canaseraga, representing Allegany County, suggests that all farmers producing Birdsfood Trefoil seed contact him so that the details of such an organization can be worked out.

Birdsfoot trefoil then is a king of legumes, not only from the standpoint of seed production, but it is of greatest value for hay and pastures on soil that alfalfa and ladino are not successful, and where a longer lived legume than red clover is needed. It has a real place for pasture in those areas where white clover is not successful because of droughty summer conditions. Perhaps it's best place on any farm can best be determined by a small trial seeding Try it on an area where it is difficult or not desireable to plow after. If it does well, it may be the king of the legumes on your farm.

HEALTH FOR ALL

This column is sponsored, in the interest of better health, by the Allegany Health & Tuberculosis Association, 44 Schuyler St., Belmont, N. Y.

"Signs" of TB

There are visible and recognizable symptoms of tuberculosis. These include unexplainable fatigue, noticeable loss of weight, a cough that hangs on, and sometimes the spitting of blood. A sharp pain in the side or chest, chronic indigestion, and sore throat, may also mean tuberculosis.

But, unfortunately, these symptoms usually appear when tuberculosis is in an advanced stage and difficult to cure. Tuberculosis germs are insidious, and they can be at work damaging the lungs for months, and sometimes years, before there is any warning with obvious symptoms—before the person begins to feel or look ill.

Certainly, anyone who suffers from one or more of the symptoms which might mean tuberculosis should see his doctor without delay. The sooner the disease is diagnosed and measures taken to arrest it, the easier it will be to cure it.

At the same time, none of us can afford to wait until symptoms appear. And we should not. There is a reliable way in which we can keep a check on the health of our lungs so that, if the disease does strike, the chances are it will be detected in an early stage.

This is by getting regular chest X-rays and physical examinations. Although tuberculosis has no visible symptoms when it first starts, the X-ray can show up evidence of tuberculosis in any stage—even in an early stage when damage may be slight.

The chest X-ray is a simple process that takes only a moment, yet it can pay untold dividends. Since tuberculosis can strike without warning and be damaging the lungs for months before it makes itself known with obvious symptoms, the X-ray acts as a reliable check on the health of one's lungs.

That's why doctors urge every adult, 15 years of age and over, to have regular chest X-ray along with their physical examinations. The X-ray is a diagnostic aid to the doctor—not a guarantee against TB—and is the simplest way of detecting tuberculosis in and early stage, a stage in which it is easiest to cure.

MUTT AND JEFF By Bud Fisher

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