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Tuskegee Institute, Alabama



"How to Make and Save Money
on the Farm"

By

George W. Carver, M. S. Agriculture

Foreword

Bulletin No. 39 from the Alabama Experiment Station located at Tuskegee Institute under the direction of Dr. George W. Carver, is being issued at a very opportune time. The problem of farm management is becoming more and more serious every year. It is not that there is any falling off in production; in fact there has been a great increase in production in the last fifteen years. In practically every line America is today producing a surplus crop. The problem of farming, rather than the purely agricultural end, is more and more demanding attention. The farmer must learn now to organize his farm activities, and Bulletin No. 39 contains some sound and valuable information calculated to help the average farmer in this direction.

It will pay to read this bulletin over several times and then study it, and, if necessary, call in the farm demonstration agent for advice and counsel. Both the home demonstration agent and the farm demonstration agent will be glad to assist the farmer and his wife in putting these suggestions into effect.

Every dollar that the farmer saves by producing and conserving what he needs for his own living will be that much gain to him in the sale of his surplus. Dr. Carver is giving instructions that will reduce the amount of cash money that the farmer must spend, so that his cash returns from his crops will be pure gain.

I hope there will be the widest possible circulation given to this bulletin.

R. R. MOTON, Principal

Tuskegee Institute, Alabama,
August 10, 1927.

Tuskegee Normal and Industrial Institute

Tuskegee Institute, Alabama

By G. W. Carver, M. S. Agriculture, Director

"HOW TO MAKE AND SAVE MONEY ON THE FARM"

The winter season is fast approaching, and with the promised shortage of crops in many sections, it is highly important that every farmer and his family look ahead, plan and work together with all their might to raise and save every possible thing on the farm, garden, orchard, etc., that can be used as food for either man or beast.

The making and saving money on the farm depends almost wholly upon the careful study and heed given to the following questions:

QUESTION 1

Should the farmer keep a cow?

Answer—Yes, every farmer should keep one or two good cows; a good cow is half of any family's living, as she will furnish all the butter, milk, cream, etc., that the ordinary family can use, and if properly cared for a surplus can be had to sell. There are a number of foods that are more palatable, more healthy, and more economical when seasoned with milk and butter than when seasoned with lard or any other kind of shortening. Good bread, rich milk, and nice butter furnish almost a completely balanced ration.

QUESTION 2

Should a farmer raise chickens?

Answer—Yes, by all means every farmer should start with twelve good hens and one rooster. With a little care they will furnish all the eggs needed in the family, some meat, and a surplus at times to exchange for clothing and other necessities. A few guineas, ducks, turkeys, and a pair or two of geese will bring you much pleasure and profit at practically no cash outlay.

QUESTION 3

Should a farmer have a garden?

Answer—Yes, nothing will pay him better. It is one of the greatest money-makers on the farm. It makes money in two principal ways.

(a) It furnishes a great variety of food stuff, which is absolutely essential to good health and the proper strength of both mind and body. If we eat plenty of good food, well cooked vegetables every day, all other things being equal, we can do more work and better work than if we did not. We shall not get so tired, weary, and have to consult the doctor so often, and pay out such heavy doctor bills.

(b) In the garden there should be always a surplus of something to sell, especially of beans, peas, melons, onions, white and sweet potatoes, tomatoes, cabbage, turnips, rutabagas, rape, pumpkins, beets, squash, etc. The garden should furnish many things for canning, pickling, and preserving. The opening of the drying, canning, and preserving season for fruits and vegetables begins here.

Every year it is painfully apparent that fully two-thirds of our fruits and tons of vegetables go to waste. These, with a little effort in the direction of canning, preserving and drying can be converted into nutritious and palatable dainties, sufficient to last throughout the winter and spring months.

PREPARATION

An ordinary iron or tin wash boiler, with a heavy wire or slatted bottom, will answer the purpose for cooking. Thoroughly clean the jars; fill; place them in the cooker so that they will not touch each other; pour three or four inches of water in the cooker; put on the cover and steam (let boil), briskly the length of time necessary for the particular fruit or vegetable you are canning.

METHODS

CORN

1. Shear off the grains with a sharp knife; pack the jars or cans full; salt to taste; fill them up to the top with cold water; put on the rubber rings, and screw on the tops loosely; keep the water boiling for one hour; remove the cover of the boiler and screw down the caps. On the second day loosen the caps, and boil again for one hour. Seal again, and repeat the same the third day. They may now be permanently sealed and placed in a cool, dark, dry place.

2. Thoroughly cook the fruit or vegetable in a granite or porcelain-lined kettle; remove the cans or jars from the boiling water; fill and seal at once. They often keep admirably in this way, but the flavor is never so fine or the appearance so attractive.

STRING BEANS

String, top, and tail exactly as for cooking; pack tightly in the jars or cans, and treat the same as for corn.

OKRA

(Use only tender okra)

Wash in cold water; cut off the stems and tips; leave whole or jars or cans, and treat the same as for corn.

ENGLISH PEAS AND LIMA BEANS

Shell; wash in cold water, and treat the same as for corn. (Follow the same process for lima beans).

EGG PLANT

Peel and cut into cubes, or slices about an inch thick; drop in boiling water for fifteen or twenty minutes; pack in jars or cans, and treat the same as for corn.

ASPARAGUS

Take the nice, tender tips; wash in cold water, and treat the same as for corn.

PARSNIPS, CARROTS, PUMPKINS, AND SQUASH

Wash, peel, and grate; slice or cut in dice (squares); fill the cans and treat the same as for corn.

TOMATOES

Take nice, ripe tomatoes; dip them in boiling water for a few minutes; immediately plunge into cold water; remove the skins; fill the cans, and treat the same as for corn. Two tablespoons of sugar to the half-gallon will improve the flavor.

BEETS

Wash young, tender beets; prepare the same as for cooking; cook until done; remove the skins; cut in thin slices, pack into the jars and treat the same as for corn. If a pickle is desired, mix equal parts of good vinegar and water, sweeten to taste, and cover the beets with this mixture instead of water. (Use only glass jars where vinegar is used.)

SOUR KRAUT

Take a clean keg, barrel, or jar; select good, firm cabbage heads; remove the outer leaves; wash and quarter as for cooking; shred with a spade, sharp knife, or slaw-cutter until very fine; rub the sides and bottom of the vessel with salt; put in a two or three inch layer of shredded cabbage; pound down with a wood pestle; another layer of cabbage and salt, pounding as before; continue this process

until the vessel is as full as you desire; cover over with cabbage leaves, and weight down with a heavy stone weight; make a weak brine of salt and water, and cover the cabbage; use just a trifle more salt than for cooking; tie a thin cloth over the vessel to keep out worms, put in a cool, dry place.

SWEET POTATOES

Select medium-sized potatoes; boil until two-thirds done; scrape off the skins; cut (if too large for the cans) into thick slices or strips; pack in the jars or cans tightly; cover with a thin syrup of water and sugar (one and one-half pounds of sugar to one gallon of water); treat afterwards exactly as for corn.

BLACKBERRIES

In all cases where cans or jars are used they are to be thoroughly cleaned. Use twelve quarts blackberries, two quarts sugar; pack tightly in jars, and cook the same as for corn.

HUCKLEBERRIES

Take twelve quarts of berries; one quart sugar; one pint water; put water, berries and sugar in the preserving kettle; heat slowly; boil fifteen minutes, counting from the time contents of the kettle begin to bubble (boil); pour in hot jars, and seal at once.

GRAPES, MUSCADINES, SCUPPERNONGS

Take six quarts of grapes, one quart sugar, one gill water; squeeze the pulp of the grapes out of the skins; cook the pulp five minutes, and then rub through a sieve fine enough to hold back the seeds; put the water, skins and pulp into the preserving kettle, and heat slowly to the boiling point; skim the fruit and add the sugar; boil five minutes; pour into hot jars, and seal.

PEACHES

Take eight quarts peaches, one quart sugar, three quarts water; put the sugar and water together; boil and skim; pare the peaches; cut in halves; remove the stones unless you wish them whole; put in the preserving kettle; cover with the hot syrup; gently boil fifteen minutes skimming carefully; place the peaches in hot jars; cover with the syrup, and seal.

Treat plums the same as peaches, but double the quantity of sugar. The skins and seeds need not be removed.

STRAWBERRIES

Can the same as for blackberries; skim out the berries; put in hot jars; boil down the syrup thick and pour it over them; seal and set in a cool place.

PEARS AND APPLES

Treat exactly the same as for peaches; if they are hard, boil until tender.

In canning fruit no sugar is needed at all, but it makes a much choicer product where it is used.

HOW TO DRY FRUITS AND VEGETABLES

Drying is without doubt the simplest and best methods of preserving a number of fruits and vegetables. And it is a source of much regret that such a few know how to appreciate the delicious taste of home dried fruits and vegetables.

The fruits and vegetables listed on the following pages are more or less abundant throughout the South, and the methods given show how easily and how cheaply they may be taken care of.

FURNACES FOR DRYING

There are several inexpensive and satisfactory furnaces for the rapid drying of fruits and vegetables, which any farmer can make. One of the simplest is a furnace made just like one for making syrup. Cover with a heavy piece of sheet iron; cover this three or four inches deep with clean sand; put on a very open slatted cover just above it. The fruits or vegetables to be dried may be placed in separate slatted trays and one set above the other, if suitable frame work is made so they may be pushed in and pulled out, like bureau drawers.

If the sides are walled up with brick or tin so as to keep in the heat, the drying will be very fast. Several small openings should be left in the sides to carry off the moist air. A bushel or more of fruit or vegetables may be dried at one time in this way.

FRUITS

Begin drying just as soon as the seed matures, or as soon as the fruit is two-thirds ripe, and continue as long as you can handle it without mashing to a pulp.

Caution, in drying either fruits or vegetables in the sun screen wire or mosquito netting should be stretched over a suitable frame to keep off the flies and other insects and everything, of course, must be scrupulously clean if a superior flavored, the most attractive appearing and the most appetizing, healthy and wholesome product is desired.

STRAWBERRY LEATHER (Delicious)

Take thoroughly ripe strawberries; mash to a pulp; spread on platters, and dry in the sun or oven; when dry, dust with powdered sugar, and roll up like a jelly cake, cut into suitable sized pieces and pack away in water and use for pies, short cake, sauce, tarts, etc. The powdered sugar is a matter of taste and may be left off if desired.

PEACH LEATHER (Extra good)

Select over ripe peaches and make exactly as recommended for Strawberry Leather.

FIG LEATHER No. 1

Make exactly the same as for strawberries.

FIG LEATHER No. 2 (Delicious)

Mix one-half peaches and one-half figs and proceed the same as for strawberries.

Note: The above method of making leathers applies to almost any kind of soft, pulpy fruit.

DRIED STRAWBERRIES

Put the berries in a moderate oven, heat through thoroughly, but not enough to become soft and juicy, spread out in the sun or finish in the oven.

BLACKBERRIES AND DEWBERRIES

Treat exactly the same as recommended for strawberries.

Note: If a seedless product is desired, this may be done by pressing the pulp through a fine sieve before drying.

PLUMS

DRIED PLUMS No. 1

Select medium ripe plums, cover with boiling water, cover the vessel and let stand twenty minutes; drain and spread in the sun to dry. Stir occasionally; when dry examine them frequently and at the first appearance of worms put in the oven and heat for a few minutes. In cooking, soak in cold water for a few hours the same as for other dried fruit.

DRIED PLUMS No. 2

After peeling the plums, allow half pound of sugar to one pound of fruit. Put fruit and sugar in layers in a preserving kettle. Heat slowly until the sugar is dissolved, then boil until clear. Spread the fruit on platters in the sun and turn over until quite dry. Pack in layers with sugar in stone or glass jars. Plums that are dried in this way are extra fine.

FIGS

There are a number of ways to dry figs, some of them quite complex. I am giving only methods suitable for the home.

Take well ripened figs (but not mushy), treat exactly the same as

for strawberries, cut into halves and finish in the sun or oven. frequent dusting with powdered sugar during the drying process makes a delicious confection.

PEACHES

Take ripe, firm peaches, peel, cut from the seed if cling stones, break open if free stones. Quarter or cut slices, spread in the sun or dry in the oven. The peelings may be left on if desired; the product of course is not so fine.

OKRA

Steam until two-thirds done; split in quarters the thickest pods, and dry the same as corn.

PEARS

Peel, core, slice and dry the same as recommended for peaches.

APPLES

Peel, core, quarter or slice and dry the same as recommended for peaches.

GRAPES, MUSCADINES (Delicious)

Gather when ripe, wash, put in a porcelain or granite preserving kettle, cover with boiling water, let simmer until the berries are hot through and the hulls have turned a reddish color, now stir in a scant tablespoon of baking soda to the gallon of fruit, stir well for three minutes, but do not mash fruit; drain off this water, wash in three more waters, being careful each time not to mash the berries. They may now be dried whole or made into a leather the same as recommended for strawberries. I much prefer the leather, the hulls will be very tender and the fruit a fine flavor. The seeds may be removed by passing through a colander. I wish every housewife would try this.

CULTIVATED GRAPES

All cultivated grapes may be dried in the same way, except the soda should be omitted in the process.

CORN

Corn is delicious when dried. Take tender roasting ears; steam until nearly done; cut from the cob with a sharp knife; spread thinly upon boards or dishes; put in the sun to dry. If the tops of the grains are shaved off and the pulp scraped out, leaving most of the

bran on the cob, it makes a much finer product. In cooking, it should be soaked for an hour or two in cold water before the final cooking.

PUMPKIN

Peel and cut in discs about an inch thick or in thin slices; spread in the sun to dry; soak several hours in cold water before cooking.

STRING BEANS

Select very young, tender beans, wash and cut off both stem and blossom ends. Cut into one-inch lengths, steam until about one-fourth done or until they lose their grass green appearance. Spread on trays and dry as any other fruit or vegetable. Soak for several hours in cold water before cooking.

HOW TO DRY TOMATOES

If it were generally known what a distinct and delicious product the tomato makes when properly dried, I am sure every housewife would dry a few pounds. When eaten as a confection it is far superior to many of the so-called choice candies sold at fancy prices.

METHOD No. 1

Take thoroughly ripe tomatoes; wash and slice or chop; put in preserving kettle, and cook slowly until thoroughly done; pass through a colander to remove the skins and hard cores; return to the kettle and boil until thick like jam; spread on plates, and dry in the sun or oven. When dry roll up like jelly-cake, or cut into squares and put away the same as any other dried fruit or vegetable.

When wanted for use soak in a little cold water until soft, then use exactly the same as tomato paste.

Delicious catsup can be made from this dried paste by softening and adding the required amount of vinegar and spices.

METHOD No. 2

Select tomatoes that are full-grown but green, or just beginning to tinge with color. Treat in every way exactly the same as for Method No. 1.

This paste will be pleasingly tart, and is especially fine for making green-tomato pies, which is an old family favorite among pies.

We hope that every housewife will try one or both of these methods.

INSECTS

In this climate insects are very troublesome to dried fruit or vegetables. I have had excellent success by putting the dried fruit or

vegetables in the oven and heating them real hot, sufficiently to kill any lurking insects or their eggs; then pouring them into clean paper bags, tying the mouth tightly and suspending the bags, not a single insect was ever found in the bags, although they were kept several months.

JELLIES

Put the fruit in a stone jar placed in a boiler of hot water. When fruit is sufficiently softened, strain through a thin muslin bag; place juice in a preserving kettle, and allow one pound of sugar to a pint of juice (one and one-eighth of a pound if the juice is very sour). While heating juice, place the sugar in a dish in the oven; allow juice to boil twenty minutes; add heated sugar; let all come to a boil and remove from the fire; having scalded glasses, pour them brim full and allow to stand in the sun for a day or until the jelly is thoroughly set; cover with melted paraffin or with tissue paper, saturated with brandy.

PICKLES

Cucumbers, small, green cantaloupes, citron, watermelon rinds, green beans, cabbage, green tomatoes, etc., may be packed down in brine (salt water) made strong enough to float an egg; pack tightly in wooden or stone vessels. When desired for pickles soak in cold water until all the salt is out, and proceed in the usual manner for sweet, sour or spiced pickle.

QUESTION 4

Should a farmer try to raise fruit?

Answer—Yes, fruit is an absolute necessity in the diet. No person can remain strong and vigorous in mind and body very long who neglects to make fruits of some kind a part of the daily diet. Every farmer should have a few peach, pear, plum, fig, and apple trees on his place, also grape vines, strawberries, etc. A few trees and bushes well cared for will furnish sufficient fruit for the needs of the family. Nut trees such as pecans, walnuts, chestnuts, hickory nuts, etc., are fine shade trees, and the nuts are becoming more and more a part of the diet, taking the place of meat.

QUESTION 5

Should a farmer raise hogs?

Answer—Yes, for the following reasons:

(a) No other animal converts into meat so much foodstuff that would otherwise go to waste.

(b) They will furnish us all of our meat, lard and the many other choice dainties that no other meat is so popular in supplying.

(c) There is a great demand for hogs at all times; the demand is always greater than the supply. They are sure mortgage lifters, and will pay any farmer out of debt if he will give them a chance.

(d) Hogs are easily raised; they will eat and thrive on weeds, nuts, and fruits of most any kind. These, however, are especially good: wild primrose, smooth and thorny careless weeds (pig weeds), purslane (pursley), wild plums, acorns, beechnuts, nut grass, etc.

The following choice foods can be easily grown: sweet potatoes, sorghum millet, corn, peanuts, velvet beans, rape, collards, cabbage, turnips, beets, pumpkins, cow peas, soja beans, Bermuda grass; also wheat, rye, oats, burr and crimson clover, etc., for winter pasture.

QUESTION 6

Should a farmer try to raise stock?

Answer—Yes, every bit that he possibly can. In addition to hogs and poultry, he should have mares that would bring colts every year. With proper care they will do all the farm work and raise the colts too. A few sheep, goats, or an extra cow or two will turn a great deal of roughage into meat, and at the same time make much valuable fertilizer for the land.

QUESTION 7

What shall we do for fertilizer? Some farmers are actually too poor to buy sufficient quantities of the commercial mixtures.

Answer—There are many thousands of tons of the finest fertilizers going to waste all over the South, in the form of decaying leaves of the forest and the rich sediment of the swamp, known as muck. Every idle moment from now until planting time should be put in gathering up these fertilizers. Make the mixture (compost) as follows:

(a) Build pen to hold as much as you wish.

(b) Spread two wagon-loads of muck and leaves over the bottom of the pen; then one load of barnyard manure; build up in this way until the pen is full.

(c) Put a rough shed over it sufficient to turn the bulk of water from heavy rains or mound up like a potato hill. This is to prevent the excess of water from washing out the fertilizer constituents.

(d) Put into this compost-heap all the wood ashes, old plaster, waste lime, rags, paper, or any matter that will decay quickly. Bones beaten up fine are also excellent. If you cannot get the barnyard manure make the compost without it. You will be agreeably surprised at the increased yield of crops of all kinds.

(e) Break land deep (eight to nine inches) and thorough; lay off rows with a middle-burster or two-horse plow; put compost in drill at the rate of twenty tons to the acre on medium land, and twenty-five tons to the acre on very poor land; plant directly on the fertilizer; cultivate in the usual manner.

QUESTION 8

What shall I do with the boll weevil? In all probability it is here to stay.

Answer—Yes, the weevil is here and will likely stay, but extensive experiments prove that it may be controlled as follows:

(a) Prepare all land good and deep with a two-horse plow.

(b) Fertilize well.

(c) Plant an early variety of seed.

(d) Stir the ground often to keep the cotton growing.

(e) Follow only approved methods of fighting the boll-weevil.

Write to the director of your own State Experiment Station for bulletins on the growing of cotton, they will be glad to send you the results of their latest findings. Read and follow the suggestions with care.

(f) Pick as fast as it opens.

(g) When through gathering the bottom and middle crops, destroy the stalks at once, and sow the field in a grain crop, such as oats, rye, wheat, barley, etc., and if for hay only, mix one-fourth of hairy vetch seed to three-fourths of any one of the above grains.

(h) Clean off and burn all the rubbish from ditch banks, fence corners, and waste places, as the old weevils hide in these places and winter over.

(i) Encourage your neighbors to do the same. In this way the weevil will be reduced to starvation; so much so that the problem of control will be easy.

QUESTION 9

Since the coming of the boll-weevil, what is the farmer going to do for a money crop?

Answer—There are several crops, if wisely handled, from which the farmer can realize more money than from cotton; viz., corn,

velvet beans, peanuts, sweet potatoes, and cow peas. If a paying market cannot be had for the raw product, they should be fed to stock, and turned into milk, meat, butter, eggs, lard, etc. There are but few, if any, better stock-raising countries than ours. If the manure from these animals is carefully saved and returned to the land, practically all of our fertilizer questions will be settled and our land will respond almost or quite equal to virgin soil.

QUESTION 10

Should a renter or share-cropper attempt to carry out the above suggestions?

Answer—Yes, just as far as possible; he should set out trees, clean off ditch banks, make such repairs as he can, and in every way strive to leave the place in better condition than when he took possession. It will mean money in your pockets, aside from the great value of forming correct habits of living.

QUESTION 11

Will it pay a farmer to take an agricultural paper?

Answer—Yes, it is necessary. He should not only take one or two good agricultural papers, but others as well. He must study markets, crops, weather, supply and demand, and a host of other things which affect him and his business. It is just as important to the farmer as to the merchant. In fact, it is the only way that either can keep abreast of the times.

QUESTION 12

Should the farmer attempt to have a pretty door-yard with flowers?

Answer—Yes, by all means, for the reasons which follow:

(a) They are another form of God's silent messengers, and the "sweetest thing He ever made and forgot to put a soul into."

(b) We often send for the doctor and take a lot of strong, disagreeable medicine when all we need is a bunch of beautiful flowers from loving hands.

(c) They are soothing and restful to the tired body and brain.

(d) A love for flowers denotes refinement and culture.

(e) Pretty door yards and charming surroundings increase the value of property, and encourage the very best class of people to become our neighbors.

ADDITIONAL WAYS TO MAKE MONEY

(1) There is always a demand for early cabbage, tomatoes, sweet potatoes, peppers, and egg plants. All of these are easily grown in hot-beds, cold frames, or in boxes in sunny windows.

(2) Lettuce, parsley, radishes, and onions, are easily grown in the same way as above described, and at this time of the year sell readily.

(3) Light wood from fat pine trees and stumps sell readily, as well as good, dry wood. In many places there are large quantities of old dead trees going to waste that would make excellent wood and kindling, which would sell without any trouble if cut and brought to the market. A few hours a week spent in this way will bring surprising returns.

(4) Home made shingles, fence palings, rustic chairs, settees, tables, baskets, horse collars, quilts, rugs, shuck mats, axe, hatchet, hoe and fork handles can be sold if made well, and a reasonable price asked for them. The same is true with the many styles of home made lace, embroidery and other kinds of fancy work.

(5) Nearly every one prefers home-canned and home-preserved fruits and vegetables to those put up in a commercial way, and anyone doing this artistically and cheaply would command patronage.

(6) Choice lye hominy is always in demand, and to the energetic a nice trade can be worked up in almost any town or thickly settled community.

LYE HOMINY

Here is a dish that is not only nourishing, but relished universally by almost everyone during the winter and spring months, and should appear on the table in some tempting way at least three or four times per week. Recipe: Select sound, white corn; to every gallon of corn use one tablespoon of concentrated lye. Cover the corn with water; boil slowly until the skin comes off easily and the dark tips on the grains near the eye begin to come out; pour into a vessel and wash thoroughly; let soak (preferably over night) in plenty of cold water; drain; return to kettle, and boil in plenty of water until tender; put in a stone jar and set in a cool place, and it will keep several days. One-half gallon of hardwood ashes put in a sack and boiled with the corn will answer the same purpose, except it is not so quick a method.

(7) Walnuts, hickory nuts, pecans, beechnuts and peanuts make delicious candies and nut cakes, which always find a ready sale when attractively put upon the market.

(8) Choice lettuce, parsley, radishes, onions, etc., are easily grown in winter, and find ready sale at good prices.

(9) Have one or two hogs extra. They can be raised, beginning in April with pigs, to maturity with practically no cash outlay, by giving them all the slop and refuse vegetables from the garden, plus the weeds, etc., that grow in such abundance everywhere.

Home-made sausage is a luxury, and all one has to do is to let people know one has it to sell. The demand here is never satisfied. Much the same is true of souse, hog's-head cheese, scrapel, pig's feet and ears, chitterlings, together with a fine lot of choice lard and cracklings.

(10) Choice, well cured hay finds a ready market. The following grasses, fodders, etc., should be cut, dried, and made secure before the frost falls on them:

Pea vines, crab grass, water grass, late patches of corn, sorghum, Johnson grass, ribbon cane blades and tops for the cow, sweet potato vines, velvet beans, soja beans, etc.

These are only a few of the many ways of becoming thrifty and self-supporting. Begin at once to put some of them into effect; others I am sure will suggest themselves to you.

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