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DOCUMENT COLLECTION

OREGON COLLECTION

A VICTORY SLOGAN  
 FOR  
 OREGON FARM FAMILIES  
**DISCARD**

*Grow Our Own . . .*

**Garden ■ Meat ■ Poultry ■ Milk**

*for* **HEALTH**

**CONVENIENCE**

**PATRIOTISM**

**CONSERVATION**

◇ MORE INFORMATION IS AVAILABLE AT ◇  
 YOUR COUNTY EXTENSION OFFICE.

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Cooperative Extension Work in Agriculture and Home Economics,  
 Wm. A. Schoenfeld, Director.  
 Oregon State College, United States Department of Agriculture, cooperating.  
 Printed and distributed in furtherance of the Acts of Congress of May 8  
 and June 13, 1914.

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## PRODUCE FOOD TO KEEP YOU FIT

The right food is necessary for proper growth of children and health of the entire family.

### Every Normal Person Needs the Following Foods Daily:

(A serving is  $\frac{1}{2}$  to  $\frac{3}{4}$  cup.)

**MILK**—Children, 3 to 4 cups.  
Adults, 2 cups.

**TOMATOES, ORANGES, GRAPEFRUIT, STRAWBERRIES, MELONS, GREEN CABBAGE, or RAW SALAD GREENS**—1 serving.

**LEAFY, GREEN, OR YELLOW VEGETABLES**—1 serving.

**POTATOES**—1 serving.  
**OTHER VEGETABLES OR FRUIT**—2 servings.

**EGGS**—1 (at least 3 or 4 per week).

**MEAT, FISH, POULTRY, OR CHEESE**—1 serving.

**CEREALS AND BREAD**—2 servings of whole grain or "enriched" products.

**BUTTER**—1 to 5 tablespoons.

**SWEETS, FATS, ETC.**

**WATER**—6 or more glasses.

**FISH LIVER OIL OR DIRECT SUNSHINE**, for children and mothers.



## HAVE A VICTORY GARDEN

**PLACE AND SIZE:** Locate on rich soil near the house. About  $\frac{1}{4}$  or  $\frac{1}{2}$  acre is needed.

**FERTILIZE AND PREPARE SOIL THOROUGHLY:** Spread 5 or 6 loads of manure on this half acre and work into soil by disking. Plow only when soil will not puddle. From 250 to 400 pounds of 4-12-4 or similar commercial fertilizer will aid fertility. Firm the soil before planting.

**PLAN THE GARDEN:** Grow nutritious vegetables—some from each of these groups:

#### Tomatoes

**Leafy vegetables:** cabbage, kale, spinach, turnip and mustard greens, Brussels sprouts, lettuce.

**Green vegetables:** snap beans, Italian broccoli, peas, asparagus, green peppers.

**Yellow vegetables:** carrots, yellow squash, sweet potatoes where adapted.

**Other vegetables:** corn, potatoes, beets, rutabagas.

**CULTIVATE THE GARDEN** only often enough to kill weeds, or stir surface after rain or irrigation. Do not cultivate deeply.

**CONTROL PESTS:** Kill the pests before they ruin crops. Use stomach poisons as sprays or dusts for chewing insects. Use contact sprays or dusts for sucking insects such as aphids.

**COUNTY EXTENSION OFFICES** have specific information on all phases of farm and home gardening. Watch weekly and monthly farm or other rural publications for Oregon Victory Garden information and announcements.

**RADIO KOAC WILL** broadcast garden programs regularly.



## HAVE A MILK SUPPLY AT HOME

### OWN A COW

Owning a cow will mean more milk and milk products for use in the home.

The average cow if given proper care will produce 575 gallons of milk in a year. This will supply the average family with milk, cream, butter, and cottage cheese.

### PLAN FOR ADEQUATE FEED

Average feed requirement for 1 cow for 1 year:

Hay—20 pounds per day.....3.6 tons  
Grain—1 quart of grain to  
2 quarts milk ..... 1,400 pounds

Kale, carrots, or mangels may be fed to replace hay at the rate of 7 to 8 pounds to each pound of hay replaced. A good pasture may replace all the hay.

### A GOOD GRAIN MIXTURE

A home mixed feed may be made up of:

Ground oats ..... 100 pounds  
Ground barley ..... 100 pounds  
Wheat bran ..... 100 pounds  
Linseed meal ..... 50 pounds

Feed this mixture or a good commercial mixed feed at the rate of 1 quart for each 2 quarts of milk produced daily. Keep salt and fresh water accessible.

### TWO COWS MAY BE BETTER THAN ONE

Two cows may be profitable for a large family. One should calve in the fall and one in the spring to give an even supply of milk. With two cows there may be additional milk for pigs and chickens.

Before getting a cow, consider the cost and provide for the full use of the product.

Get a copy of Extension Bulletin 586, When, How Much and What to Feed Milk Cows.



## KEEP 25 HENS PER FAMILY

**TWENTY-FIVE MATURE PULLETS** housed each fall will amply supply the egg and poultry requirements of the average family.

It is desirable to replace the entire flock each fall with 25 new pullets.

Annual flock renewal means increased egg production during the fall and winter months and reduced losses from diseases.

The flock can be replaced by purchasing 25 mature pullets or 75 straight run chicks or by setting 125 eggs each year.

**CHICKS HATCHED IN MARCH** or April will lay more eggs during the fall and winter months than chicks hatched later in the season.

A laying hen will consume about  $\frac{1}{4}$  pound of total feed per day that should consist of about half mash and half whole grains by weight.

A desirable method in feeding the family flock is to keep laying mash, whole grains, grit, oyster shell, and fresh water before the birds at all times.

Better production will be obtained if the flock is confined to the laying house each day until at least noon.

**ARTIFICIAL LIGHT** will stimulate production during the fall and winter months. One 40-watt light is used to provide a 13-hour day.

If 75 chicks are purchased or hatched to replace the flock, the surplus cockerels may be canned or placed in storage lockers.

Twenty-five pullets, if given the proper care, will produce more eggs than the average family will consume. During the year, however, the majority of these birds may be consumed as they show signs of low production.

Bulletins dealing with poultry house construction, feeding, and brooding are available from the county agent's office.



## GROW OUR OWN PORK • BEEF • LAMB

**HOGS:** On most farms from 1 to 3 hogs can be fed on the garbage from the kitchen and other waste products such as cull fruits and vegetables. With plenty of garbage and other farm waste, only enough grain is needed to finish off the developed hogs.

**PRESERVATION OF PORK:** Pork can be frozen in storage lockers, canned, or cured in brine and smoked. Sides and hams are best cured; shoulders, loins, and ribs canned or frozen; trimmings made into sausage; fat parts into lard. Parts of the head and feet make scrapple, pickled pigs feet, or head cheese.

### FEEDS FOR HOGS are:\*

Waste from kitchen and garden—cull fruits, potatoes, etc.

Clover or alfalfa, if available.

Skim milk or buttermilk; tankage, fish meal, or meat meal.

Wheat, barley, or corn.

Minerals, consisting of  $\frac{1}{3}$  salt,  $\frac{1}{3}$  ground limestone, and  $\frac{1}{3}$  sterilized steamed bone meal.

To keep a continuous supply of pork products, feed one pig until it reaches a weight of 225 pounds and then butcher it. Have another one half grown and start a third one when the oldest is butchered.

**BEEF:** Skim milk, grain, and grass will fatten a veal in 3 or 4 months, or if more meat is desired and the calf does well it can be fed to 8 months or a year, providing some real "baby beef."

**LAMBS:** Any waste grass may be used for fattening a lamb or two for fresh meat. One pound of grain a day and fresh pasture will fatten a lamb in approximately 80 to 90 days.

\* Extension Bulletin 550, available from your County Agent, gives full feeding directions.