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Onions.....	4	to 5	lb.
Carrots.....	2	to 2½	lb.
Parsnips.....	4	to 5	lb.
Beets.....	4	to 6	lb.

Corn and Hogs

A bushel of corn will make 10½ pounds of pork, gross. Then:

<i>When Corn Costs:</i>	<i>Pork Costs:</i>
\$.12½ per bushel.....	\$.01½ per lb.
.17 per bushel.....	.02 per lb.
.25 per bushel.....	.03 per lb.
.35 per bushel.....	.04 per lb.
.42 per bushel.....	.05 per lb.
.50 per bushel.....	.06 per lb.

Miscellaneous Weights

Bbl. Flour weighs.....	196	pounds
Bbl. Salt weighs.....	280	pounds
Bbl. Beef weighs.....	200	pounds
Bbl. Pork weighs.....	200	pounds
Bbl. Fish weighs.....	200	pounds
Keg Powder.....	25	pounds
Stone of Lead or Iron.....	14	pounds
Pig Lead or Iron.....	21½	stone

Anthracite coal, broken, cubic foot averages 54 lbs.

A ton, loose, occupies 40 to 43 cubic feet.

Bituminous coal, broken, cubic foot, averages 49 lbs.

A ton, loose, occupies 43 to 48 cubic feet.

Amount of Silage Fed Per Day*Kinds of Stock**Daily Ration,*

Beef Cattle:—

Pounds

Wintering Calves, eight months old 15 to 25

Wintering Breeding Cows..... 30 to 50

Fattening Beef Cattle, 18-22 months old:—

First stage of fattening..... 20 to 30

Latter stage of fattening..... 12 to 30

Dairy Cattle..... 30 to 50

Sheep:—

Wintering Breeding Sheep..... 3 to 5

Fattening Lambs..... 2 to 3

Fattening Sheep..... 3 to 4

Rules of Health

One of the most important aids to health generally, and to correct intestinal inactivity in particular, is regular exercise, including breathing exercises.

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