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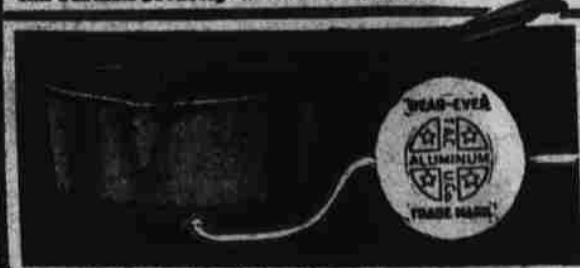
A "Wear-Ever" Aluminum Tray and Tea Pot will make your tea-table bright and beautiful. "Wear-Ever" utensils are made in one solid piece, without joint, seam or solder. They wear longer, cook better, use less fuel, look handsomer, clean more easily than other kitchen ware. They save time and money—are pure and safe.



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A Progressive Farmer neighborhood is a happy "pull-together" neighborhood.



## Our Farm Women

Edited by MRS. W. N. HUTT

### BREAKFAST IS A MEAL THAT REQUIRES SPECIAL ATTENTION

Breakfasts Should Have Variety—A Suggestion for Seven Balanced Breakfasts for the Farm Home

BREAKFAST sometimes receives little or no consideration for the reason that when the evening meal is over we are tired of the sight and the thought of foods. In the morning we sleep as late as possible, then rise to gather to the table that which can be prepared with as little planning and time as possible.

It is really a mistake on our part to give little consideration to the first meal of the day. Breakfast is often the only really nourishing meal the child gets, for the reason that the noon one may be a school lunch and supper light that the child may sleep better. We are wise if we make it our business to see that the food for breakfast is nourishing but very easily digested. This is particularly true of the breakfast for school children and others who are doing indoor brain work. The big, strong man out in the field can perhaps manage the breakfast of such very heavy food

it true that the ten minutes are most effective when spent the day before rather than just at breakfast time? Give us some of your breakfast experiences.

- (1) Sliced oranges, oatmeal with cream and sugar, smoked breakfast strip and lightly scrambled eggs, big hominy, muffins, milk for children, and coffee or whatever beverage is desired by persons who have attained their full growth.
- (2) Baked apples, puffed wheat with cream and sugar, baked hash, baked potato, egg-bread, cocoa for children.
- (3) Grapes, popcorn cereal with milk and sugar, sausage, Irish potatoes diced and heated in cream sauce, sour milk biscuit, peanut coffee for the children.
- (4) Cantaloupe, cracked wheat, milk and sugar, queen's toast, creamed fish, rice muffins, Postum and cream for the children.
- (5) Strawberries, rolled oats cooked and then cooled in little cups, milk and sugar, medium cooked eggs in the shell, grits, pocket-book rolls, cocoa for the children.
- (6) Peaches, one of the flaky store cereals, milk, sugar, creamed lamb, Irish potatoes heated in a very little fat from smoked breakfast strip, rice griddle cakes, hot syrup, milk for children.
- (7) Blackberries, Graham porridge, broiled chicken, rice, spoonbread, hot cross buns, chocolate.

The recipes for these have appeared in these pages, but you can ask for anything again if you have forgotten any of them.

Now, let us discuss these menus and just a few of the whys and where-

### WHAT WOULD YOU TAKE FOR ME?

SHE was ready to sleep, and she lay on my arm,  
In her little frilled cap so fine,  
With her golden hair hanging out at the edge,

Like a circle of noon sunshine,  
And I hummed the old tune of Banbury Cross,  
And Three Men Who Put Out to Sea;  
When she sleepily said as she closed her blue eyes:  
"Papa, what would you take for me?"

And I answered: "A dollar, dear little heart,"  
And she slept, baby-weary with play,  
But I held her warm in my love-strong arms,  
And I rocked her and rocked away.  
Oh, the dollar meant all the world to me,  
The land and the sea and the sky,  
The lowest depth of the lowest place,  
The highest of all that's high.

All the cities, with streets and palaces,  
With the people and stores of art,  
I would not take for one low, soft throb  
Of my little one's loving heart;  
Nor all the gold that was ever found  
In the busy, wealth-finding past  
Would I take for one smile of my darling's face,  
Did I know it must be the last.

So I rocked my baby and rocked away,  
And I felt such a sweet content,  
For the words of the song expressed more to me  
Than they ever before had meant.  
And the night crept on, and I slept and dreamed  
Of things far too glorious to be,  
And I wakened with lips saying close in my ear,  
"Papa, what would you take for me?"  
—Eugene Field.

as fried ham, hard fried eggs and fried sweet potato, because he is using his muscles but has little need for concentrated thought; but the little child can not do so if it is to attain its best mental development. Do you not know children who have lost interest in school because their energies went to digesting breakfasts prepared by unthinking mothers rather than to learning the lessons outlined by wise school teachers?

Not only should the breakfasts we prepare be nourishing and easily digested, but they should have variety. This is not half as difficult a problem as it sounds when we once get into the habit of setting aside a little of this or of that after dinner or supper for use in tomorrow's breakfast. Let us see that each member of the family has a drink of good fresh water before breakfast. We suggest seven fairly well balanced breakfasts for various seasons of the year: Besides, if we have them all one day we cannot have variety. The same reasons hold good for having but one hot bread for breakfast.

The English have a custom that is founded on very good knowledge but that has not found general favor here. They take a very little orange marmalade and toast as a last course. The mild bitter of the marmalade stimulates the digestive juices, the sugar is a quick source of bodily heat and energy, and as I once heard it expressed, "It takes the taste of breakfast out of a man's mouth."

And last, but not least, don't you think that the time we spend in having the room warm and well-aired and the table dainty and fresh is time well spent? Ten minutes a day will make the difference between care and carelessness, but have you not found

fores. Why the fruit? To give the mouth a clean feeling. This the fruit acids accomplish through their action on the secretions of the mouth and stomach. The fruit acids prepare the stomach for the foods that follow.

Why the cereals? They contain nourishment and bulk in an easily digested form, if the cereals are well cooked. Why eggs, creamed fish, lamb, etc.? Because they are nourishing and are not tough. Why do we have only one starchy food? Because rice, grits, hominy, Irish potatoes, etc., are the same thing, namely starch, and look and taste but a little different. To have them all at one meal means a useless expenditure of strength in preparing them and in washing up after them.

### MARY'S STORY: "LIVE AT HOME"

Read This and Resolve That Hereafter You Will Do As Well

ALL this rant about not being able to make a living these days makes me tired! Why, any little old farm and most village homes will support enough hogs for the family meat, allow some chickens, a few stands of bees and a small orchard and garden, and isn't the above combination the nucleus of a living, and at home, too? The man who has all this and takes pride in keeping it up can come mighty near living at home and boarding in his own kitchen.

This that I am about to tell you, however, is addressed particularly to the farmer who is living on an average farm of from 40 to 75 acres, and it is aimed to show you that you make your mistake in putting all your land to cotton and corn. Let's try a



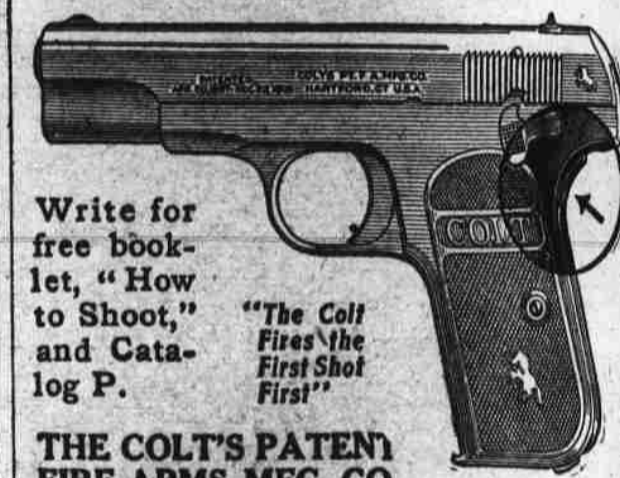
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