



## Our Farm Women

Edited by MRS. W. N. HUTT

### Husbands and Wives: Their Duties

ONCE in a while several letters will come dealing with one subject and suddenly an answer so much better than anything you and I could write comes from space. This has happened lately. Several women have written feeling that their lives were somehow failures, and a few men have asked me to write their wives and persuade them to do differently. With a few of the women the failure has been because they have tried to do the work of ten persons and much machinery; in a few instances it has been because, through training or environment, the husband has not been able to see from the woman's viewpoint and she has ceased to try to make him do so. In the case of the men I could not write the wives because I know woman nature well enough to be sure that they would deeply resent their husbands taking another person into their confidence. I should like to help in these matters but am sorry that except in definite instances, I cannot do so, in fact, I would make bad matters worse.

The answer to which I referred stood out in the editorial pages of The Youth's Companion, and seemed to beg to be quoted:

"The chief end of man is still what the Westminster catechism says it is, but his next most important end is to satisfy women. Men find or miss satisfaction in life a good deal according as they satisfy or fail to satisfy the women they live with. All men prefer to live with contented women, and all sensible men do what they can to secure for themselves that privilege. Women are more contented when they have their own way a part of the time. So are men. Women's wishes should be dominant in certain departments of life, men's wishes in certain others; but there is no department of life in which women can afford to ignore the wishes of men, or men the wishes of women. For a man to stand up for what is his, for a woman to stand up for what is hers, is sometimes necessary; but, in the main, life goes best when the women in their department please the men, and the men in their department please the women."

### How to Arrange House Furnishings

SYSTEM, order, classification and common sense should be taken by the housewife as the basis of the arrangement of all furnishings in the home, from the furniture in the living room to the contents of the jelly closet, according to a publication entitled, "The Arrangement of Household Furnishings", issued by the New York State College of Agriculture at Cornell. The arrangement of objects in a room, it is stated, should follow, repeat or fit the structural outlines of the space used. For example, a piano, table or sofa should not be placed diagonally across the corner of a room, but parallel with the length or the breadth of the room. This arrangement not only assures an orderly and restful repeat of the structure lines of the room, but prevents a waste of space, and a place for dust to accumulate. The principle is illustrated by diagrams. A long narrow room may be made to appear better proportioned by placing furniture, especially rather large pieces, across the ends of the room.

Objects should be massed or grouped, not scattered over a space. For instance, the circular states that vines, ribbons and flowers are strewn over a dinner table, when the table would be much more attractive if the decorations were massed or grouped so as to be surrounded and set off by

the plain cloth. Plain space around an object draws attention to it and enhances its good qualities.

### Books on Home Nursing

CAN you not give me the name of a book that I can use for simple home nursing?"

The best book on this subject I know is "The Home Nurse", by Dr. E. B. Lowry, published by Forbes & Co., 443 S. Dearborn St., Chicago, Ill., price \$1.

This very useful book gives helpful directions for the care of the sick in the home and tells how to cooperate with the physician in providing for the comfort and cure of invalids. Full directions for first aid to the injured are also given. Technical terms are avoided, and a complete index makes it possible to refer quickly to the desired information.

So much depends upon nursing for the successful treatment of any illness that every family should have this practical, sensible volume on the bookshelf for ready reference; it would prove as useful and indispensable as the staple remedies kept

broom, blindfolded, in the hands of a big paper witch, etc.

You might have all the girls dressed as witches and have them at the house and then have the boys come as ghosts and make them guess who the witches are. If you do this, you can word the invitations something like this: "The witches invite your ghost to meet them at my home Saturday night, October 30, at 7:30. May your own Jack o'Lantern light you on the way." It goes without saying that the lanterns will be used for decorations.

For refreshments have apples, peanuts, pop-corn and taffy, and if you have some good fresh cider, a mug of it will be enjoyed.

### A Little Girl Craves Sweets for Her Lunch

I HAVE a small girl who craves sweets. She will take the sweet things in her school lunch and somehow manage to avoid eating anything else I can put in, however good and dainty that may be. Bread seems to give her indigestion, especially that made with sweet milk."

I suggest that you give her sweets, as it is probably a natural craving, but let it be sweets combined with proteid and starches and mineral matter.

I also suggest that you make light bread for her and beaten biscuit, but

or teacher try it on her mouth first that she may show the children how thoroughly clean she keeps her own teeth.

The discoloring solution mentioned is:

Iodine crystals	..... Grs. 50
Potassium iodide	..... Grs. 15
Zinc iodide	..... Grs. 15
Glycerine	..... Drs. 4
Aqua	..... Drs. 4

Mix, put in glass-stoppered bottle. Apply with a little absorbent cotton on a stick.

### Clean Up

WHEN a housewife has a dress that contains a little good material but is too old and worn to wear now she frequently hangs it up, her ideas of thrift preventing her from using it for a mop. Instead of doing that it is much better to rip it up, select the good parts, wash and press them, and, after rolling them smoothly, place them on a special shelf for the time of need. A woman will also keep useless, dull, broken knives because she hates to throw them away. Sometimes she will have a half dozen pans or buckets around the kitchen, long past their usefulness. Throw them away, and in some way you will manage to quickly replace them.

Our husbands do exactly the same thing we do. When an old wagon or buggy gets beyond its usefulness it stands around the lot, an unsightly spectacle for all to see. Why not break it up, store the useful portions of iron in the barn loft, and then burn the junk that is left? There is a degree of thrift that is shiftlessness.

### Pellagra Cures

DO NOT let anyone get your money from you for fake cures for pellagra. Absolutely nothing has yet been discovered in the way of medicine that will cure pellagra. Know, also, that it is not caused by cornmeal or any other one thing yet discovered. It is the result of an ill-balanced diet,—that is, too much carbohydrates and too small a proportionate amount of protein and mineral matter. In other words, too large a proportion of rice, grits, corn meal, molasses, and too little meat, milk, eggs, cheese, beans, peas, lettuce, spinach, turnip salad and other green vegetables.

### A Hot-air Furnace and the Comfort It Is to One Woman

THE house in which I live is heated by a hot air furnace which will burn either wood or coal. I realize what a great saving of work this furnace is, so I want every farm woman to have the same advantage. Before our furnace was put in we had to tend two heaters and two fireplaces, and as you know, this meant the carrying of a large amount of wood and ashes.

At that time I thought this heat less expensive than a furnace and did not seem to realize that the sudden change from one room, which was usually over-warm, into a cold hall or room which had no heat made me more susceptible to colds. This year we got the same amount of wood, in chunks, that we used last year, and are using the furnace, and so far we have not used as much wood as we had at the same time last year.

Then it is much less work to care for the furnace. The man of our house fills the furnace, morning, noon, once at supper-time, and again at bed time. During ordinary weather this is sufficient fuel to keep the house warm and comfortable, and hold the fire over night. When it is unusually cold a couple of chunks have to be put in in the middle of the forenoon and afternoon. Even so, consider the difference in the work. I find it so much easier to keep the house clean—no woodbox to sift dirt and no ash dust flying about. I believe, above all, I enjoy most the uniform heat all over the house—no shivering in going from one room to another. Our furnace was put in after the house was built and with very little expense.

B. P.  
Cary, N. C.

### IKE WALTON'S PRAYER

I CRAVE, dear Lord,  
No boundless hoard  
Of gold and gear,  
Nor jewels fine,  
Nor land nor kine,  
Nor treasure-heaps of anything.—  
Let but a little hut be mine  
Where at the hearthstone I may hear  
The cricket sing,  
And have the shine  
Of one glad woman's eyes to make,  
For my poor sake,  
Our simple home a place divine:—  
Just the wee cot—the cricket's chair—  
Love, and the smiling face of her.

I pray not that  
Men tremble at

My power of place  
And lordly sway,—  
I only pray for simple grace  
To look my neighbor in the face  
Full honestly from day to day—  
Yield me his horny palm to hold,  
And I'll not pray  
For gold:—  
The tanned face, garlanded with mirth,  
It hath the kindest smile on earth;  
The swart brow, diamonded with sweat,  
Hath never need of coronet,  
And so I reach,  
Dear Lord to Thee,  
And do beseech  
Thou givest me  
The wee cot, and the cricket's chair,  
Love, and the glad sweet face of her!  
—James Whitcomb Riley.

in every family medicine chest. The author is an authority on nursing.

### Give Your Farm a Thanksgiving Present

WHY not give your farm a Thanksgiving present in the shape of a name? You will thoroughly enjoy it, besides it will identify it as your mail order business grows. You will want to choose a name that will look well on a barrel of apples, a box of vegetables or a pound of butter. It will make you take greater pride in your produce and fasten your farm in the minds of your customers. Next, suppose you give your farm a present of some stationery, with a printed head on it. Suppose, also, that you surprise it by tearing away some of the old rubbish which shows from the front. If you must keep the disgraceful looking old shed for a year or two yet, plant some tall growing cannas between it and the road.

There are a number of other Thanksgiving gifts you might give to your farm,—a little paint, a pretty gate, a bordered patch to the front, or, perhaps, a beautiful little piece of lawn.

### Have a Hallowe'en Party

BE SURE to have a Hallowe'en party. Ask a dozen or so of your friends to come dressed as witches or ghosts. The witch costume is made of red and black, with a tall pasteboard cornucopia hat. The ghost's costume is made of a sheet and pillow case.

As to games, I would not try to devise new ones. None are quite so much fun as bobbing for the apples in a tub of water, taking a bite out of the one that swings from the ceiling, peeling the apple and throwing the rind over your shoulder, walking backward looking through a mirror, guessing who ghosts are, pinning a

keep quick breads from her for a year or two, whether they have been made with sour or sweet milk or water. If you do not know how to make light bread I shall be glad to tell you. Vary white bread from time to time with brown and rice and Graham and nut bread.

Here are a few suggestions:

Brown bread and butter spread with honey and then chopped walnuts.

White bread spread with butter and jelly and rolled and tied with a pink baby ribbon.

White bread with grape or currant jelly and minced turkey, chicken or veal.

Brown bread and date and nut filling, or peanut butter and brown sugar, or again, butter, nut and brown sugar filling.

Brown bread with nuts and raisins in it and cheese between makes a nourishing sandwich.

Figs, jams, candied orange peel, etc., may furnish the sweet and nuts, cheese, minced food, veal or beef can furnish the proteid.

Light bread sandwiches are better than cake where sweet food is desired, and can be made very nourishing, especially if a bottle of milk be provided for drinking with them.

### Stained Teeth

THERE have been remarks in various letters received within the last few months to this effect: "The difficulty is in convincing the children that their teeth really are unclean." I consulted a dentist about the matter and he told me this method, which while rather drastic, he assures me has been used with wonderful effect in many schools and homes, to impress upon the children a never-to-be-forgotten lesson in clean teeth. Have a druggist make up a solution by the following prescription; paint the teeth of the children with it, the stain will not in any way affect clean teeth, but will discolor any foreign substance that may be on them. It is recommended that orange wood sticks be provided and that the teeth be thoroughly cleaned. The results will be both surprising and interesting. I advise that the mother