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Our Farm Women

Edited by MRS. W. N. HUTT

MAMMY'S LULLABY

SLEEP, mah li' pigeon, don' yo' heah yo' mammy coo?
Sunset still a-shinin' in de wes';
Sky am full o' windehs an' de stahs am peepin' froo—
Eb'ryt'ing but mammy's lamb at rest',
Swing 'm to'ds de Eas'lan,
Swing 'im to'ds de Souf—
See dat dove a-comin' wif a olive in 'is mouf!
Angel hahps a-hummin',
Angel banjos strummin'—
Sleep, mah li' pigeon, don' yo' heah yo' mammy coo?

Cricket fiddleh scrapin' off de rozzum f'um 'is bow,
Whippo'will a-mo'nin' on a lawg;
Moon ez pale ez hit kin be a-risin' mighty slow—
Stahlted at de bahking ob de dawg;
Swing de baby Eas'way,
Swing de baby Wes,
Swing 'im to'ds de Souflan' whah de melon grow de bes'
Angel singers singin',
Angel bells a-ringin',
Sleep, mah li' pigeon, don' yo' heah yo' mammy coo?

Eyelds des a-droppin' li' loweh all de w'ile,
Undeh lip a-saggin' des a mite;
Li' baby toofles showin' so't 'o lak a smile,
Whiteh dan de snow, or des ez white.
Swing 'im to'ds de No'f lan',
Swing 'im to'ds de Eas—
Woolly cloud a-comin' fo't wrap 'im in 'is feece!
Angel ban' a-playin',—
What dat music sayin'?

Sleep, mah li' pigeon, don' yo' heah yo' mammy coo?
—Strickland W. Gilliam.

rel. We should try them. Now, flowers?"

"The cauliflower," said Edith.
"Yes, what vegetables have we that are really fruits?"

There was a silence.
"Why, the tomato is a fruit and so is the bean, pea, corn, cucumber, lentil, okra, egg plant, pimento, sweet pepper, rice and squash. Let's try to have some vegetables from each class and some real fruits, too. What shall we have first?"

"Something to take the place of meat or eggs," said Edith, "for body-building material."

"Good, how would you like to have bean-chicken, also vegetable soup, stuffed onions, green peppers and rice, pickled beets and sweet potatoes? What for salad? Suppose we combine it with the dessert?"

Everyone smiled, so she said, "How would a lettuce, tomato, raisin and nut salad, served in an apple cup do?"
"Oh, good" they all said, "you tell us what to do."

"All right. Edith, suppose you make the vegetable soup: Scrub and scrape a small carrot, enough to make one-third cup, cut in quarters lengthwise, then crosswise in little pieces. Do the same with the turnip and one-half cup celery. Wash, pare and cut one and a half cups of Irish potatoes in little pieces. Cut half an onion in thin slices. Mix all the vegetables, except potatoes, and cook ten minutes in four tablespoonfuls butter, stirring constantly. Add the potatoes, cover and cook 2 minutes. Add one quart boiling water, or meat stock, and boil gently one hour in a covered vessel. Just before you serve it, you are to beat it with a fork to break the vegetables, then add one tablespoonful butter, salt, pepper and a teaspoon of very finely chopped parsley."

"Mary, how would you like to make the bean-chicken?"
"I would like it."

"Then mash three cups of navy beans, or cowpeas, that have been cooked almost dry. Spread this on a greased paper cut to fit the bottom of a baking pan. Pile on this a dressing made of two cups dry bread crumbs, three boiled onions, the warm water in which the onions have been cooked, plenty of salt, pepper, a dash of celery salt, sage and red pepper. Bring the beans up around the dressing. This will require 20 minutes baking. Whoever serves it can slice it across, getting both beans and dressing."

"Please let me fix the stuffed onions," said Martha.

"Very well. Remove the skins from 12 big onions and parboil 16 minutes in enough boiling salt water to cover. Then turn them upside down on a dish to drain and cool. Remove part of the centers and fill cavities with equal parts of that left-over cooked chicken, stale bread crumbs, the finely chopped onion you took out, salt, pepper, a pinch of summer savory, cream or melted butter enough to moisten it all. Place these stuffed onions in a buttered shallow pan, sprinkle with buttered bread crumbs and bake in a moderate oven until soft."

"I'll do the peppers and rice," said Dan.
"Splendid! To prepare the rice pour one cup of it in two quarts of hard boiling water, to which a tablespoon of salt has been added. Let it boil without stopping a moment until a grain crushes easily between the finger and thumbs. This will take about 30 minutes. Then drain quickly in a strainer and pour over it a quart of hot water to keep the grains distinct. While the rice is boiling cut a slice from the stem ends from each of several sweet peppers, remove the seeds and par-

(Concluded on page 38, this issue)



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Thousands of Progressive Farmer readers sent last month for the new Jell-O Book and are now enjoying the choice desserts described in it.

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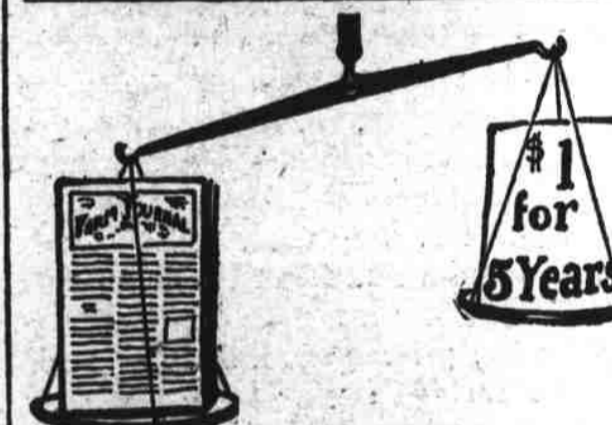
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THE WIDE-A-WAKE GIRLS LEARN GOOD HOUSEKEEPING

We Learn How to Cook Vegetables

"THIS is going to be the very best club meeting of all," said Mary, "because I have never liked vegetables much and I'm going to learn to cook them so I do like them. What are we going to have, Aunt Margaret?"

"What do you think of having? It is your dinner, you know. What do you think of having some of the various types of vegetables?"

"How many?" asked Bessie.

"If it were a regular meal you would not want more than one starchy vegetable, another hot one and one salad; but since this is a special vegetable dinner, we shall have what we want. What are some of the kinds of vegetables, Bessie?"

"Red ones and yellow ones and white ones and—"

"Let us hear what Dan says to that," interrupted Miss Margaret.

"Strong ones and mild ones and sweet—"

"Yes, that is nearer it," she broke in, "but suppose Martha tells us."

"Those that are used for bulk and starch and mineral matter and protein, and to stimulate the appetite," was the answer.

"Good," said Miss Margaret, "you are all correct, but there is another very interesting division. What is it?"

No one answered.
"What vegetables are tubers?"
"Irish potatoes and Jerusalem artichokes," said Edith.

"Which are roots?"
"Beets," said one; "carrots," "parsnips," "radishes," "sweet potatoes," "horseradish," "oyster plant," "turnips," said the others.

"Bulbs?"
A pause, then "onions."
"Yes, and garlic," said Miss Margaret. "Now which are stems?"

"Celery," said Bessie.
"Asparagus," said Alice.
"Swiss chard," said Martha.
"Chives," said John.
"Grand! Now the leaves."

"Cabbage, turnip salad, sage, savory, collards, lettuce, beet greens, sprouts, spinach, watercress, parsley," came a chorus of voices.

"Yes, and some good ones eaten in Europe and up North, like corn salad, young dandelions, martinis and sor-



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