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**THE PROGRESSIVE FARMER.**

**Our Farm Women**  
Edited by MRS. W. N. HUTT

**A FEW OF THE BIRD FAMILY**  
THE old Bob White, and chipbird; The flicker and chee-wink, And little hopty-skip bird Along the river brink.  
The blackbird and snowbird, The chicken-hawk and crane; The glossy old black crow-bird, And buzzard down the lane.  
The yellowbird and redbird, The tomtit and the cat; The thrush and that redhead bird The rest's all pickin' at!  
The jay-bird and the bluebird, The sap-suck and the wren— The cockadoodle-doo bird, And our old settin' hen!  
—James Whitcomb Riley.

**THE WIDE-AWAKE GIRLS LEARN GOOD HOUSEKEEPING**  
They Learn About Labor-Saving Cooking Utensils, and a List of Those That Every Kitchen Should Have  
"THE chief point to be considered in choosing utensils," said Miss Margaret, "is whether or not the utensil is durable. For instance, \$5 may seem a large sum to pay for a big, thick aluminum preserving kettle when a tin one could be purchased for ten cents, but when you consider that the aluminum one would last for perhaps three generations, certainly as long as one lives, and that the tin one would be leaking before many weeks, the aluminum one will certainly be cheaper in the end."  
"The next point, perhaps, is to have vessels of suitable size, as it is a waste of time and energy to cook a pint of something in a three-gallon kettle. Third, the utensil must be convenient to handle, and this depends on whether the vessel is light in weight, and the bail set exactly in the center and the handle easy to grasp, because of both insulation and shape. Again, the lip of the kettle should be the right place for easy pouring; still again, is the vessel so shaped that a cover will fit it readily? Whether or not it is easy to clean is a very important consideration. There should be no corners in the roasting pan, and there should be no seam anywhere inside the article. It should be molded from one piece and the corners should be round, neither should the handle be set on the inside, affording a place for grease and dirt to stick. The inside of a cooking vessel should be like our characters, round and smooth, and free from cracks and blemishes. Even the tea kettle and coffee pot should have large enough openings to get the hand in, though, of course, the coffee pot should be rinsed with clean water and a brush, and never with a dish rag and soapy water. The bottom of the vessel should be wide, so as to afford as large a surface of contact as possible. And, last, we should ask ourselves the question: could this corrode and make the food poisonous? The old-fashioned copper vessels, and the present-day tin ones, are frequently open to this objection, if in the hands of ignorant persons."  
"What material do you like best, Miss Margaret?" asked Bessie.  
"I don't know; you tell me what you think of granite or enameled ware."  
"Oh, it's good if the foundation is so strong that it will not easily bend and crack the enamel, and if the enamel is made of sufficient coats."  
"Yes," said Miss Margaret, "and the only way we can test this is by knowing the best manufacturers and purchasing their wares. Granite or enameled ware should always be heated gradually or it will chip, neither should it be scraped nor dropped any more than should a glass dish."

"What about galvanized iron,—is that the same thing?"  
"No, instead of the iron being coated with tin or enamel, it is dipped in zinc, but I would not recommend it for cooking, because zinc is affected by the action of salt, acids and alkalis. Of course, it is ideal for garbage buckets."  
"I like a great big iron skillet," observed Martha, "because it is strong, durable and seems to hold the heat so well. Of course, it will get rusty if not given care, but rust is not poisonous, and it can be scoured off, though it does leave a rough place."  
"Some folks think iron and steel frying pans should never be washed but just rubbed clean," said Alice.  
"The best way," replied Aunt Margaret, "is to boil them in water with a little soda, then rinse with boiling water and wipe dry."  
"Did you say you did not like tin?" asked one of the children.  
"A cheap tin, marked 'X', or not marked at all, is to my mind an abomination," was the reply, "but a '4-X' tin is not easily affected by acids, alkalis or air, and so does not ruin the food. It is light, cheap, and very attractive if well cared for; however, I like it much better as a receptacle than as a cooker, except for pie and cake tins."  
"Do you like nickel, Mary?"  
"Indeed, I do. It does not rust readily, is pretty because it takes a high polish, and is very easy to keep clean, almost like silver. Of course, it is a little heavy and it is rather expensive."  
"Does it never tarnish?"  
"Not if it is washed in hot soapsuds and rinsed in hot water, but if it does, it can easily be rubbed with a paste made of whiting and lard."  
"Who knows anything about aluminum?" was asked.  
"I," responded John, because I help my mother do the preserving. The vessels are very light, easily cleaned and do not burn the food readily. They used to be very expensive, but now bulk aluminum is only 30 cents a pound. Why, I used to have to stand and stir mother's jam every minute, but since we have had the aluminum vessel it never burns."  
"Will it not burn at all?" asked Aunt Margaret.  
"We have a cook that succeeded in burning some hash in it once, and we had another that put the inside of the coffee percolator over a gas flame to burn out the holes, and melted it. If food is allowed to sour in aluminum it could form dangerous compounds, and if it becomes discolored it must be scoured with fine steel wool, sand or ashes," said Dan, learnedly.  
"Did you say you would not have copper utensils?" questioned John.  
"It is so expensive now that I could not," she laughed, "and I would not if the cooking were to be left to incompetent help. It is splendid, however, for public institutions, where durability means everything. Does anyone know about these new cooking utensils of glass that are being so much advertised?"  
"I know a little about them," answered Martha, "but I do not want any of you to buy any until I have had a chance to test them a little more. They tell me that their value depends very much on the purity of the material of which they are made. They are such good conductors of heat that they certainly do bake pie crust and the outside of bread and puddings beautifully. Like earthenware, it is very easily cleaned after soaking and as with other dishes and cooking utensils, the substitution of a fairly stiff brush for a dish cloth makes it easier to free from adhering particles of food."  
(Concluded on page 23, this issue)

**What to Do for a Fainting Person**  
"WHAT shall I do for one who has fainted?"

Lay her perfectly flat, being sure that no pillow or folded coat is tucked under her head for supposed comfort. It is even better to have the head a little lower rather than higher. Loosen all clothing; keep everyone away so there may be plenty air. Bathe the forehead, temples, back of the neck gently with cold water. A slight dash of water in the face may bring the patient to more quickly. However, since a faint is usually caused by a withdrawal of blood from the brain, it is better to let the blood return to it gradually, and the use of ammonia or any other strong smelling drug is not to be recommended immediately. Do not administer whiskey under any circumstances, as the kidneys have enough to do without having to eliminate unnecessary poisons. If the person remain in a faint for some time, smelling salts, ammonia and other stimulants may be placed on a handkerchief or poured in the palm of the hand, and the patient allowed to breathe the fumes. Be very careful that the remedy is not held too near the nose or mouth, or the cure may be worse than the fainting. One should be very careful that nothing is spilled into the eyes or nose, neither should there be an attempt made to administer any liquid until the patient is able to swallow. Rubbing the hands, wrists, feet and over the heart will sometimes stimulate circulation.

Once in a great while there will be found a person who comes out of a faint with difficulty. In such a case the introduction of hot water into the lower bowel may be resorted to, or perhaps a mustard poultice over the heart. Always remember, however, that plenty of air, lowered head and loose clothing are necessary, and that such a thing as death in a faint is almost unknown. In fainting the face is pale, the pulse weak and breathing shallow; if the face be red, the pulse normal, and the breathing noisy and labored, it is probably apoplexy, in which case the head should be well raised, heat applied to the feet and cold to the head, an enema of warm soapsuds administered and stimulants kept out of reach.

**If You Would Live Long, Don't Over-eat**

OVER-EATING is a detrimental habit and leads to so many disorders that it has been put in the class of "chief offenders" as enemies to good health. "While eating," says the North Carolina Board of Health, "should be directed by fundamental rules of good table manners and scientific knowledge of food values and the needs of the body, it is too often a riot of untrained and unbridled appetite in which common sense and discretion are not in evidence. Gluttony not only wrecks health and fills untimely graves, but it marks lack of character. There's much truth in the saying that a person's table manners are a good index to his character."  
"Over-eating is largely a habit, but a habit with serious results. It brings on constipation, fills the system with poison, and overworks the heart and other bodily functions. It is one of the main causes of the so-called degenerative diseases, as heart trouble, Bright's disease, rheumatism, hardening of the arteries, apoplexy, etc."  
When one has over-eaten for many years and he finds it necessary to diet, he over-does a good thing and eats so little that his general health suffers. Nothing but the study of foods and their use in the body will train the country as a whole away from unwise eating.

**NATURAL ENOUGH**  
Indignant Customer—"Barber, why did you drop that steaming towel on my face?"  
Barber—"Because it was too hot to hold, sir."  
—Boston Globe.

The man who's wise will advertise.