



Our Farm Women

Edited by MRS. W. N. HUTT

AMERICA

My country, 'tis of thee,
Sweet land of liberty,
Of thee I sing;
Land where my fathers died,
Land of the pilgrim's pride,
From every mountain-side
Let freedom ring.

My native country, thee,
Land of the noble free,—
Thy name I love;
I love thy rocks and rills,
Thy woods and templed hills;
My heart with rapture thrills
Like that above.

Let music swell the breeze,
And ring from all the trees,
Sweet freedom's song;
Let mortal tongues awake,
Let all that breathe partake,
Let rocks their silence break,—
The sound prolong.

Our fathers' God, to Thee,
Author of liberty,
To Thee I sing;
Long may our land be bright
With freedom's holy light;
Protect us by Thy might,
Great God our King.

THE WIDE-AWAKE GIRLS LEARN GOOD HOUSEKEEPING

They Learn About Fruit and How to Serve It

"WHAT is the sweetest fruit in the world, Bessie?" asked Dan.

"Fresh, ripe figs in dry weather," she answered.

"No," said Alice, "it's watermelons, I think."

"Don't you think some cantaloupes are sweeter than either figs or watermelons," questioned Edith.

"Let us put it another way," said Aunt Margaret, "what fruits have the most sugar?"

"I know," commented Martha, "raisins, dates and figs. Some raisins are about 75 per cent sugar, dates 65 per cent, and figs 62 per cent."

"What about prunes?" asked one of the children.

"I forgot about them," she laughed, "prunes contain 66 per cent."

"If they are so sweet, why don't they taste sweet?" several asked at once.

"Because some forms of sugar do not taste as sweet as cane sugar, and, as a general rule, a large portion of the sugar in fruit is levulose, or fruit sugar; but some, like apples and pineapples, contain a large amount of cane sugar. Now this is a very good thing to remember, because levulose is more easily assimilated in certain body frailties than is cane sugar."

"What fresh fruits have most sugar, Auntie?"

"Bananas have 23 per cent, fresh figs 18 per cent, pineapples 13½ per cent, and apples 12 per cent."

"Cherries, lemons and cranberries have no sugar at all, have they?"

"Yes, indeed, you are getting heat and energy for your body when you eat these, even though the acid is strong enough to hide the sugar—cherries are 10 per cent sugar, lemons 8 per cent, and cranberries 4 per cent."

"What is the hardest fruit to digest?"

"I know," piped up Billie unexpectedly, "it's green apples." When the merriment had subsided, Mary said, "Of course, it isn't that they are apples, is it, it is because they are unripe fruit?"

"You boys and girls ought to know a great deal about foods by this time; let me ask you some questions," said Miss Margaret. "Why are we so urged to eat fruit?"

"They are what we call cooling to

the blood, I think," remarked John.

"Yes," said Bessie, "and fruit dilutes the stronger foods."

"And takes our thirst from us," said Alice.

"And looks and smells so delicious that it gives us appetite for other things," from Martha.

"Another thing," added Edith, "little children should have plenty of ripe fruits that have not much cellulose in them, because they contain bone-making material."

"And stewed prunes and other fruits are much easier to take than castor oil," said someone in the crowd.

"Next, does cooking make food more digestible?"

"Yes," said Bessie. "It softens the cellulose of even crab-apples, quinces, Keifer pears, etc."

"That's correct," replied Miss Margaret, "and it also converts the gums into a gelatinous form and the cane

PUT YOUR MONEY IN THE BANK

There Are Two Classes of People: Those Who Keep Their Money in a Bank and Those Who Do Not

WE WOMEN are queer folks in money matters. We might be divided into two classes. Some of us, the majority perhaps, take their chicken, their garden, egg and honey money and tuck a little here and hide a little there. A few pennies are taken out for one thing or another, and the agent sometimes tempts the rest of it to our sorrow.

The wise ones of us take the money we earn, and keep out ten cents for Maggie's hair ribbon, five cents for beet seed, six cents for a spool of white thread number sixty, the four pennies being saved for the children's Sunday school collection, perhaps twenty more for the moving pictures, and then we put the rest in the bank where it is safe and sound. The house may burn; but it is unchanged; agents may come and agents may go, but it remains inviolate.

Why do not more of us put our money in the bank? Because we are

as Mrs. Fred York or Mary York makes little difference, but having signed it either way once, we must stick to that signature, as the bank knows us by only one name. I am informed that while Mary York is really correct, the bank prefers us to use the name by which the postman is most likely to know and reach us.

Let us write plainly with good ink, never a pencil unless it be an indelible one; let us begin the amounts of money well to the left of the check; let us never give checks to strangers and never sign a check until just as it is to be turned over as money; and let us always make out the stub when writing the check, never trusting to memory to do it.

When we receive a check we should not write our names across the back until we want it cashed, for anyone can cash it after it is endorsed.

The bank gives us a small book called the bank book. Each month or quarter or convenient time, depending on how frequently we go to town, we leave it with the bank and it records in it our money paid out, received interest, etc. In an open account, we receive our checks back with the book; in a savings bank this is not always done.

Money in a safe bank is as nearly safe as anything can be.

Home and Community Suggestions for July

THIS is the month of our anniversary of independence. This, too, is the time to consider what evidence we are giving of our patriotism. Waving flags and picnics and political speeches and children's recitations are splendid in that it brings people together, but it is the perfume of the flower of patriotism and not patriotism itself.

We women make the nation in large measure hand in hand with our husbands. We read and hear that it is the homes that make the nation and the broad, prosperous farms, but it is not so. It is the women who make the moral tone within the home and the men who cultivate the fields who are true patriots.

Away back in 1776 our fathers and our mothers stood successfully for the principle of each person's living and believing according to his own conscience. Today is a very good time to ask ourselves what our conscience is toward our own particular corner of the world and to celebrate it with joy.

II

The Associated Clubs of Home Economics will meet at Cornell University, Ithaca, New York, from June 27 to July 5. It is to be hoped that many of us can go from the Southern states. The program is full of interesting material for homemakers or those doing public work. The expenses are small after reaching Ithaca, the chief ones being those en route. I wish every woman might attend such a meeting if but once in her life; it would remain a permanent inspiration.

III

While keeping cucumbers in brine for pickles, it is well to line the vessel with common wild grape leaves and cover them quite thick over the top with the leaves. These will help to keep the pickles cool and add to the color and taste.

IV

Mildew can be removed from linen and cotton by wetting the articles with rain water then rubbing well with Castile or other white soap, after which a coat of thickly powdered chalk is rubbed well into the material. Lay the article in the sun and keep wet with rain water. If the stain has not gone by the next day, repeat the process, which is said to be an excellent one.

V

Nature provides plenty of flowers for the house. There is the Queen Anne's lace, the Butterfly weed and a

HOW TO DRAW A CHECK

STUB		CHECK	
No.	197	RALEIGH, N.C.	1916 No.
To		MERCHANTS NATIONAL BANK	
For		PAY TO THE ORDER OF	
BAL. BRO. FORD		\$	
AMT. DEPOSITED		DOLLARS	
TOTAL			
AMT. THIS CHECK			
BAL. CASH FORD			

Here is a check and a stub. The bank keeps us supplied with books of them. We fill out both, but give the check away and keep the stub in the book as a record. Below are the check and stub filled out.

STUB		CHECK	
No.	27	RALEIGH, N.C.	July 5, 1916 No. 27
To	John B. Smith	MERCHANTS NATIONAL BANK	
For	for share for Willie	PAY TO THE ORDER OF	
BAL. BRO. FORD		\$ 3.00	
AMT. DEPOSITED	26.07	Three	
TOTAL		DOLLARS	
AMT. THIS CHECK	2.50		
BAL. CASH FORD	22.57	Mrs. Fred York	

sugar into a form that does not ferment so readily."

How to Serve Fruits

"WHAT I want to know, Miss Margaret, is how to serve fruits."

"How do you like them served?" came as a reply.

"Oh, I want mother to have on the table in front of her a great big shining glass bowl full of fresh cold berries, that look as though they still had the dew on them. I want her to serve them to us with a bright silver spoon and smile when she does it. Then I want to put my own cream and sugar on them."

"Suppose they were peaches?"

"If they were sliced, I would want mother to serve them, too, but if it were for breakfast, I would want to find one on my plate when I sat down."

"And what kind of a knife to cut it?" questioned Miss Margaret.

"Oh, a silver knife, of course!"

"Why not a steel knife," asked Miss Margaret, looking at Dan.

"Because steel knives turn the fruit dark and change the taste. I know that about my pocket knife."

"Yes, but why?"

"Because the citric, tartaric or malic acid unites chemically with the steel."

"Smart boy," she praised.

"Now, someone tell me how she likes grapes served."

"I want a great, big flat dish, covered with green grape leaves, and then the bunches of grapes piled up on it in the center of the table. When we get ready to eat them I want them passed around to let each person help herself."

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scared, just plain scared. We do not know just how to put money in the bank. Who are we that we should walk in a great door, go up to a strange man in a cage and say, "Will you take care of my money until I want it?" even if the sign on the window does say "Bank"? This may sound silly but any one who has yet to deposit her first money and write her first check knows it is not. I remember full well my first experience.

If we have ever so little money, even two or three dollars, it is well to start keeping it in the bank. To do so we go into a bank, walk up to the man at the first cage or desk and say, "I want to open an account here." If the bank has a savings department, he will say, "open account or savings?" Then we will probably answer "savings." He will at once refer us to the proper window, where we give name and address. The difference between a checking account and savings account is that one is supposed to leave her money in the bank in a savings account and add a little to it from time to time rather than take it out often. Of course we can take all or part of it out whenever we want to, but one is supposed to be saving it for some definite thing—a set of dishes, college for Alice, or to help with the mortgage.

For letting the bank have the continued use of the money, the bank pays four cents a year on each dollar. This interest is calculated each three or six months, and we are paid for the smallest amount that was there all the time. This four cents may not look large, but it certainly does amount up in a few years when interest is paid on interest and principal too.

Whether we wish to sign ourselves