

THE PROGRESSIVE FARMER

AND SOUTHERN FARM GAZETTE

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Let Every Farm Woman Read and Keep This Issue

"MAKE way for the ladies!" is an often-heard command and this week our whole Progressive Farmer force, readers and editors, are gallantly obeying just such an order. We are largely turning over this issue to our women folk.

and Children," and every word on these subjects, especially perhaps on the subject of sleep—as well as food—should be treasured. Then the farm woman must serve in large measure as physician and nurse. The health of the family is largely in her hands. Consequently



A CANNING CLUB SCENE—FARM GIRLS AS WELL AS FARM BOYS ARE NOW EAGERLY EDUCATING THEMSELVES FOR LIFE'S FUTURE DUTIES

And certainly if our women readers will only study and preserve the treasure-house of good things prepared for them by Mrs. Hutt, this will prove one of the most useful numbers we have ever issued.

Take the matter of foods and cooking, for example. There is no doubt that the average woman is anxious to give her family a properly balanced diet, because properly balancing the meals means that they will be more appetizing, more economical, and more helpful. And on page 8, Mrs. Hutt, with her explanations and tables on "How to Have a Well-balanced Diet"—the plans for regularly selecting one food from five groups—has made the whole matter easy.

Then consider the care of babies. The proportion of infants who die in America is often spoken of as a national crime and a national disgrace. And it is. Even in the South alone thousands and thousands of babies die every year because of improper feeding, and many young children as well. Naturally, therefore, Mrs. Hutt is giving much space to "Care of Babies

our "Dictionary of Diseases" (prepared in collaboration with official health authorities) should alone be worth the price of a year's subscription to The Progressive Farmer, and our health and nursing articles are hardly less valuable.

Then there are the many practical ideas for making laundry work easy; the suggestions looking to good taste in dressing; a group of invaluable tables and recipes; and the plans for putting more beauty in the home both by means of flowers and vines on the outside and really artistic pictures on the inside. And every woman should also send for a list of the free bulletins published on page 13, besides getting the boys and girls to study the lessons on good manners on our "Young People's Page."

All in all, we predict that Mrs. Farmer will put this issue away and keep it as sacredly as Mr. Farmer keeps his own annual "Reference Special." We congratulate our woman readers on what Mrs. Hutt has prepared for them and Mrs. Hutt on having prepared it.

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