

Our Pattern Department



- 8287—Ladies' Dress.—Cut in sizes 36 to 46 inches bust measure. The dress has a vest, one piece gathered skirt with straight lower edge in regulation waistline.
 - 8279—Ladies' Grecian Negligee.—Cut in sizes 36, 40 and 44 inches bust measure. Front and back are in one piece and the garment slips on over the head.
 - 8317—Misses' Chemise.—Cut in sizes Small, Medium and Large. The chemise may be made with the round neck and closing on the shoulder or with the straight upper edge.
 - 8289—Ladies' Dress.—Cut in sizes 34 to 42 inches bust measure. The dress has plain waist with large collar and a one-piece straight gathered skirt with tucks.
- Price of each pattern, 10 cents.
Address Pattern Department, The Progressive Farmer.

parsnips, carrots, salsify and such can be left in the ground, turnips and rutabagas can be kept in a cool damp cellar or dugout a long time.

One home I know today is enjoying quantities of sweet potatoes while none of the neighbors have had any for two months. It took time and patience to dry them when dug, but it has paid.

Grow food, conserve food, save food: That food which you and I have ready, may keep alive the company of soldiers that saves the nation.

Grow more food, conserve more food, save more food; to do so is our patriotic privilege.

How to Make a Braided Rug

CUT all material uniform width, from two to three inches being good. Turn in the edges, fold over on itself and roll evenly on a ball. This makes a strip, free of selvage, about one inch wide.

When you get three balls made sew the ends, one over the other, fasten, and plat, keeping the braid flat but firm; roll neatly into a ball. When you think you have material for as big a rug as you desire, measure, cut a piece of braided material one-third as long as you desire the finished rug to be.

Turn a piece back on itself and sew together with an overhead stitch, turning the end and sewing until there is an oval rug, thick and warm and flat.

Men's wornout coats and trousers make the best rugs because the material is thick wool, but any material will do if all is of the same weight, making an even braid.

MRS. C. H. RUST.

Pelican, La.

QUESTIONS ANSWERED

IS BABY Week being celebrated in your community?

If rubber rings bulge after cooking in glass jars, it is probably because the jar was not boiled long enough for the contents of the can to be expanded to the utmost. If you have been cooking them ten minutes before sealing tight, then double the time and probably there will be no more trouble.

To become a war nurse is most patriotic. When you write in to me please tell whether you have had any training as a nurse, if so

how much, tell me also what other education you have had so I may know to whom to refer your request. You see if you are a trained nurse I forward your application to the War Department, Washington, if not, then to the National or State Red Cross Society, according to your education.

The following extract from a letter may interest you: "I will be glad to do what I can in my home town but could not well leave home at present. I would like to study first aid to injured and do anything that I can in the work. As it is, there is a branch of the Virginia War Relief here and I have volunteered in that. I found, though, that while they could get workers to make hospital supplies, they needed stenographers much more to keep in touch with headquarters and also to correspond with regard to starting branches in other places; for workers are quickly trained to make hospital supplies while stenographers need a good deal longer training and comparatively few have both training and spare time for the work. Therefore, perhaps my greatest service after all will be along that line of work. I am also a farm girl, and after getting back from the office I start working on my piece of ground being planted in lima beans to help with the food supply. I have tried planting by moonlight and find it works very well as it is cool and quiet then for working, and it is almost the only time that office workers have for farming."

Canning with a powder, liquid, acid or other commercial preparation is a sin against one's family. It does not take much knowledge to know this. The spoiling or breaking down of food is caused by bacteria and it does not take much thinking to realize that any material strong enough to kill all germ life, must be strong enough to injure the delicate membranes of the stomach, intestine and kidneys. These preserving powders are in large measure made of the same materials as the undertakers use for embalming the dead.

I do not tell you not to use these preserving materials in canning your fruit and vegetables, I simply ask you to look at some family who has been using them three or four years and ask yourself if you wish your family to have the same bloated yellow but anemic looking skin, the same lack luster eye, the continual list of stomach ailments.

The fact that the effects of any small but persistent amounts of formalin, fluorin, salicylic acid etc., are very slow in showing; that the effects are what the doctors call cumulative, does not mean that they are any less deadly, but rather more so because insidious.

Why cook three days when it seems to me that cooking longer one day should do as well?

Suppose you were going away to visit and said to your son, "Boy, cultivate the garden once a week during the three weeks I am to be gone." As soon as you were out of sight suppose he said to himself, "I'll cultivate it three times this afternoon and then I'll not have to bother the second and third weeks." Would one long cultivation the first day have done as well as three a week apart? Would you not find the garden almost as full of weeds at the end of the third week as if your son hadn't cultivated it at all?

The first day's cultivation or cooking kills the live weeds or germs. The period between gives the seeds or spores time to develop. The second day's use of hoe or heat kills the weeds or live germs, and the third cultivation or cooking kills those particularly hardy or slow to germinate. Germs, after all, are but a low form of vegetable life.



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