

Good Spring and Summer Styles



- 8339—Misses' Coat.—Cut in sizes 16, 18 and 20 years. The coat has a three-piece gathered skirt.
- 8323—Misses' Dress.—Cut in sizes 14 to 20 years. Front and back of waist are in one piece and the skirt is cut in one piece.
- 8326—Misses' Dress.—Cut in sizes 14 to 20 years. Long or short sleeves may be used and the skirt is cut in three pieces.
- 8346—Misses' Dress.—Cut in sizes 14 to 20 years. This dress closes at the back, has a one-piece straight gathered skirt and separate bolero.
- Price of each pattern 10 cents.
Address Pattern Department, The Progressive Farmer.

How Two Children Have Acquired Health

SINCE reading about the "boy who has never been sick" I want to tell you how I have so far raised my two little children—a girl of three and a boy seventeen months old. For some inherent reason, the children were both delicate and had to be fed for a while on peptonized cow's milk. They are now perfectly healthy—never have spells of any kind and neither of them has ever had a bad cold.

I must give Dr. Holt's little book the credit that is due it. It is studied harder than any of my schoolbooks ever were and its precepts are carefully followed. The good health of these children is attributable to regular meals, daily baths, plenty of exercise, fresh air always, little meat and no medicine unless prescribed by a physician.

They sleep in an outdoor bedroom all the year round regardless of the weather, and we feel that they are so resistant to colds that drafts and dampness have no terrors for us.

MRS. BRADNER J. MOORE.
Inverness, Miss.

How One Woman Got Screens

"I'VE had a battle royal at my house and came out victorious," said my neighbor to me over the back fence, while I fed a brood of biddies.

"The enemies weren't Germans, but just as dangerous. You know I mean the house flies."

"Two years ago John had screens put in. Those for the windows were the set-in kind and didn't fit very well. The doors to the kitchen soon began to sag and swarms of flies could come in easily, and did come. I begged John to have the kitchen and dining-room, at least, fixed so that flies could be kept out."

"He always said he was going to have it done at once, kept saying it during all last summer. John is a man of good intentions, but he just puts off doing things. He detests flies too, and when a meal was ready he would take a paper or something and begin to fan flies out and by the

time he was ready to eat my appetite and patience were both gone.

"Well, the same old tune started again this summer and I knew I couldn't stand it. John was away for a few days last week and I got the hammer, tacks and strips of cloth and went to work. If he had been at home he would have said to let those old screens alone, he was going to have new ones put in right away. I worked most of one afternoon, and by the time I finished I don't think a fly could get in, but one door did look awfully patched up and fringed on top.

"Our first meal after John came home not a fly was visible in the dining-room or kitchen. He kept looking around and glancing at the screens, but didn't say one word. After breakfast he went to town and came back with nice screens, had them put in properly, and now my fight is won." ANNE.

Canning Vegetables (Hot-water Process)

Vegetables	Blanch, Minutes	Liquor	IN TIN		Process
			No. of Can	Exhaust, Minutes	
Asparagus	3 to 4	Brine (heavy)	2	3	Intermittent or 2 hours.
String beans	3 to 8	Brine	2	3	Intermittent.
String beans	3 to 8	Brine	2	3	Intermittent.
Lima beans	2 to 5	Salt, sugar, water	2	3	Intermittent.
Beets	Cook 3/4 done, peel	Brine	2	3	1 to 2 hours.
Carrots	Cook 3/4 done, scrape	Brine	2	3	1 hour.
Corn	1 to 3 (blanch on cob)	Salt, sugar, water	2	10	Intermittent.
Okra	10 to 15	Brine	2	3	Intermittent.
Peas (very young)	1 to 3	Salt, sugar, water	2	3	45 minutes first day, 85 minutes second and third days.
Peas, medium	3 to 8	Salt, sugar, water	2	2	Intermittent.
Potato, sweet	Cook 3/4 done, peel	Pack dry	3	15	3 hours.
Rhubarb	Cook 3/4 done, peel	Cold water	2	3	15 minutes.
Soup Mixture	Cook 3/4 done, peel	Salt, sugar	2	3	2 hours or intermittent.
Tomato	Cook 3/4 done, peel	Salt, sugar	2	2	20 minutes.
Tomato	Cook 3/4 done, peel	Salt, sugar	3	3	30 minutes.

Vegetables	Blanch, Minutes	Liquor	IN GLASS		Process
			Jar	Process	
Asparagus	3 to 4	Brine (heavy)	Pint	Intermittent or 2 hours continuous.	
String beans	3 to 8	Brine	Pint	Intermittent or 2 hours continuous.	
String beans	3 to 8	Brine	Quart	Intermittent.	
Lima beans	2 to 5	Salt, sugar, water	Quart	Intermittent.	
Beets	Cook 3/4 done, peel	Brine	Quart	1 1/2 to 2 hours.	
Carrots	Cook 3/4 done, scrape	Salt, sugar, water	Quart	1 hour.	
Corn	1 to 3 (blanch on cob)	Brine	Quart	Intermittent.	
Okra	10 to 15	Brine	Pint & qt.	Intermittent.	
Peas (very young)	1 to 3	Salt, sugar, water	Pint	Same as No. 2.	
Peas, medium	3 to 8	Salt, sugar, water	Pint	Intermittent.	
Potato, sweet	Cook 3/4 done, peel	Pack dry	Quart	3 hours.	
Rhubarb	Cook 3/4 done, peel	Cold water	Quart	15 minutes.	
Soup Mixture	Cook 3/4 done, peel	Salt, sugar	Quart	2 hours or intermittent.	
Tomato	Cook 3/4 done, peel	Salt, sugar	Pint	15 minutes.	
Tomato	Cook 3/4 done, peel	Salt, sugar	Quart	30 minutes.	

Note:—String beans packed in No. 2 cans are preferable because more surely sterilized. Corn, Lima beans, and peas should never be packed in larger container than No. 2 and processed always intermittently. Corn is cut from the cob after blanching. Soup mixture containing corn and Lima beans should always be processed intermittently. The brine used is made of 2 1/2 ounces salt to 1 gallon of water, except for asparagus, which contains 4 ounces to 1 gallon. Beets and rhubarb when packed in tin must be put in enamel lined cans.

The Art of Story Telling

IN THE manifold phases of education, at home, in school and in community life, methods are being stressed, and among the varied methods receiving the attention of teachers and especially kindergartners, none seems more popular and helpful than the new-old art of story-telling that is being rediscovered. In the early periods of the world's history, song and story lent themselves to the education of the people, and traces of this same incomparable method can be found throughout the history of education. The Spartan mothers told stories of heroic deeds to their sons to inspire similar traits in their offspring, and every nation beneath the sun incites its sons and daughters to patriotism by recounting again and again the deeds of its heroes.

In a small child, his mind-house is tenanted by few and very simple concepts: if he lives in the country, he knows certain animals, trees, flowers and so on; if he lives in the city, his mind is differently tenanted. He thinks in terms of street, fire engine and similar things. In each instance, the child thinks in individual ideas, not classes.

Stories help children to verbal expression. Encourage children to tell the story with you—this increases the child's vocabulary—use even for older children the beautiful language of story, giving hearers the benefit of its beauty of word painting that is so often lost by the story teller's omission.

Last, but not least, in telling a story intended to teach some special truth or example of moral worth, don't mention the object of the story, never rub in the moral lesson.

MISS SALLIE STALLWORTH.
Gaines, S. C.

Five Canning Rules

KEEP water at a jumping boil and do not allow fire to die down for an instant while cans are in the canner.

2. Keep cover on canner every moment of the processing time. Steam plays a large part in cooking contents of can.

3. The quality or grade of the pack depends on the number of whole fruit or uniform pieces of fruit in the can, the color of the fruit, the weight, and the flavor.

4. The flavor is often injured by letting peeled fruit stand too long before cooking. Prepare at any one time as many cans only as can be processed immediately.

5. "Straight from vine to can" should be the motto. Never can stale fruit.—Mrs. Jane S. McKimmon.

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