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Boy



*Johan M. Strunk,
Cambridge, N. H.*

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Boston, Mass.

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

BECAUSE YOU ARE YOU

[This poem with its fine appreciation of light and color was written by a blind girl.]

If you were a sunbeam so warm and so bright,
I know you would flood all the world with your light;
But first you would go to the spots that are drear,
And give to the lonely the best of your cheer;
And how can I tell you just what you would do?
I know it, I feel it, because you are you.

If you were a bird with a sweet, thrilling voice,
Whose music would make every hearer rejoice;
I know you would sing for the poor and the sad,
And those who most need you to make their hearts glad;
And how do I know this is what you would do?
Why how could you help it? Because you are you.

If you were a rose all so blushing red,
You'd lovingly watch by some sufferer's bed,
And there till you faded and died would remain,
Thus giving your life to alleviate pain;
I know even this you would cheerfully do,
And smile when God called you, because you are you.

—WINIFRED DAVISON.

MY EXPERIENCE

The Letter That Won First Prize in the Contest "Is It Better to Cook and Buy Much or Little?"

A GREAT deal may be gained in various ways by cooking more food than can be used at one time. This is true of most foods and most methods of cooking. As to the actual saving of the food itself, I do not find that it makes any difference whether I cook much or little, as I never waste any food whatever; but I know it is a saving of time, strength and fuel to cook more than enough for the present meal.

A few examples:—If I am to have potatoes for dinner and know that we shall eat about eight potatoes, I get about fifteen or sixteen and have them boiled for dinner, cream part of the remainder for supper or fry them for breakfast. There is such a variety of ways in which all vegetables may be used that it is nearly always economy to plan for at least three meals when preparing one. There is only the one trip to the garden or the cellar, only the one pan to wash, and it is so good to know that there is at least one something that may be prepared in a few minutes for the next meal.

Most boiled vegetables may readily be utilized either cold, re-heated or made over. Baked foods are not all so easily disposed of. It is always a comfort to have light bread on hand, and this should be made in quantity sufficient for several days. It will keep well if kept in a stone jar in a cool place. Good biscuit and good cornbread are good cold or re-heated by putting in a hot oven a few minutes. Baked potatoes are not as good to use over as boiled ones, so I bake only what I think we shall eat at the present meal, but baked beans are excellent cold or re-heated or used in soups or salad. Scalloped tomatoes and several other baked dishes may be economically prepared in quantity if the family likes them. Fried foods as a rule are not palatable either cold or warmed over, and they are not as good in stews, hash or salad as boiled or roasted foods are.

While getting dinner I try to plan for the next two meals and prepare a sufficient amount of what we have for dinner, or perhaps something specially for supper. I have to be in the kitchen to attend to the dinner, and if I can prepare, or partly prepare, supper at the same time I have saved both time and strength and can enjoy the afternoon knowing that I am "prepared."

The saving in fuel amounts to a good deal in the course of a year, even here where wood is plentiful. It all has to be cut and hauled up, and if I save fuel, I save time and effort for my men folks. Some people build up a little fire several times a day to do this or that. Plan your work and get all the good you can out of every fire you build.

Plan your meals and bring the vegetables for the day all in one trip from the garden. The lettuce and radishes or mustard or spinach should be washed at once and covered with a wet cloth till you wish to cook or serve them.

In buying supplies it is always sensible and economical to buy in quantity sufficient to last for some weeks or months as the case may be. Matches by the carton are a little cheaper and you have matches for a year. The idea that supplies are wasted just because there is a quantity on hand is absurd in the eyes of a good manager. No one uses two matches to light one lamp just because there are several boxes of matches on the top shelf, and any one who uses more soap than is necessary would do so whether there were one bar in the house or a hundred. In buying package goods there is economy in getting the large package if the size of the family warrants it. Postum, soda, extracts, spices, etc., are cheaper in the larger package. Rolled oats, rice and some other uncooked cereals are much cheaper if bought in bulk—ten, twenty, or thirty pounds, according to the size of the family, and every bit as good if one buys from a firm which supplies fresh goods.

Food must have good care if a housekeeper buys it in large quantities, or she may lose as much as she gains. Food must be protected from dust, mice, flies, ants, and the little millers that lay their eggs in meal and cereals. It is a good plan to have a shelf or a cupboard set apart especially for supplies. One can see in a moment then just what is on hand, and take note of what will soon be needed.

The woman does not borrow if she buys in quantity, and her neighbors soon take the hint and learn that borrowing is an unnecessary, selfish habit.

We can plan greater variety in the diet when we have an ample supply of food, both cooked and raw, to say nothing of our being free from anxiety as to what to prepare next meal. This also gives us more time and money for helping in the relief of the terrible suffering which is causing the world to tremble and shudder.

MRS. MARTIN THOMPSON.
Marmaduke, Ark.

SHEEP OR DOGS—WHICH?

One State Alone Has 250,000 Dogs, at Least Half of Which Are Worthless

SEVEN states have passed state-wide dog control measures since war has been declared, these being Pennsylvania, Virginia, West Virginia, Kentucky, Massachusetts, New Hampshire, and Maryland. This has been the result of vital war necessity such as exists in North Carolina, which has today two hundred and fifty thousand dogs, at least half of which are worthless and consume as much food as forty thousand people, in addition to what they waste and destroy,

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