

Our Farm Women

Edited by MRS. W. N. HUTT

WAR WORK

WHAT art thou doing, sister of mine?
 What is thy work for this country of thine?
 Knitting and sewing,
 Freely bestowing
 Largess and laughter
 Though grief comes after?
 See that thou give to them all of thine heart,
 Thankful and glad to be doing thy part,
 Sister of mine!

What art thou doing, brother of mine,
 Since thou art spared from the firing-line?
 Tolling and saving,
 Poverty braving,
 Gallantly living,
 Ceaselessly giving?
 Though never bullet be aimed at thine heart,
 Still art thou acting a soldierly part,
 Brother of mine!

What art thou doing, free land of mine?
 What is thy task for these children of thine?
 Keeping them pure,
 Strong to endure,
 Teaching the right,
 Yielding them might,
 Holding them close to the pulse of thine heart,
 Bearing them, nursing them, O blest be thy part,
 Free land of mine!
 —NOEL ARCHIBALD SMITH.

Have you put down enough eggs in water-glass?

Bathe baby every morning and then sponge her well before her bed-time.

Cook enough Saturday to last over Sunday.

Leisure days are coming when the men might enjoy painting the kitchen, screening the porch, or making big fly-traps or iceless refrigerators, —perhaps even build an ice-house.

By the way, do not expect too much from the iceless refrigerator. It lowers the temperature many degrees on a day when the air is hot and stirring well, but very little when the air is calm, warm and damp. They are well worth while, though.

Avoid fat meats, fried or greasy food, and have as many fresh vegetables, fruit, milk and eggs as possible.

Have the children turn fallen branches into firewood.

Have you learned to knit the new spiral socks which soldiers say are so comfortable? You knit two, purl two for 30 rows of 56 stitches, four needles; then knit four, purl four and advance one stitch every fourth row until the sock measures 22 inches in length. The spiral does away with turning a heel. Finish with Kitchener toe.

Freshen up the carpets with a good cleaning and then a rubbing up with cloth dampened with ammonia.

Take your fruit internally but not externally. If it does get on the clothes, remove the stain by stretching the spot over a bowl and pouring boiling water on it from a height. The stain can also be removed by

moistening with glycerine or camphor and then washing it out.

Invest in a cake of magnesia or camphorated chalk and rub any grease spot at once with it, whether it be on anything from dress front to wall paper. It absorbs the grease and can be brushed out later.

Try this month to systematize and simplify the daily and weekly cleanings. Write out an order of work and stick to it for a few days, even though it may be an effort.

If frying pans are greasy, soak them in a tub of lye and water.

Have you tried peeling peaches with lye solution. It is very little trouble and leaves the peach smooth.

It may be warm now, but there are cold days ahead for the soldiers, so don't stop your knitting.

The Advantages of a Rest Room

(First Prize Letter)

ALTHOUGH I was born and reared in the country, nearly all of the 14 years of my married life have been spent in town. The past four years we were in a country town of about 1,500 inhabitants. Here the country people came in great numbers to do their shopping and trading,—the wives and daughters coming with the men of the farms, and having to wait until the men were ready to go home. There was no rest room, nothing to give these visitors any comfort or privacy. Where there was a baby, or babies, they had to be cared for or neglected in the semi-seclusion of the rear of the store, while trying to seem oblivious to passer-by, or, in lieu of this, there was the frank publicity of the sidewalk. During the bitter weather of the winter a splint-bottomed chair by a stove was about all any merchant offered, and some failed to do even this much.

I would go home from my own shopping ashamed of my town and

ashamed of myself for not making a great effort to remedy matters.

But what could I do? I am the wife of a poor man, and our home was at the edge of town, too far from the stores to be of service. Besides this, my time was completely filled with other duties. So I did nothing, except to speak to the members of the women's club and to some of the members of the chamber of commerce about the necessity of a place where women could rest while in town on business. All of these agreed with me most sympathetically, but if they did anything else I never heard of it.

So N— is yet without a rest room.

Five months ago we moved back to the country, and now I drive seven miles to do my shopping at a county seat. I reach town dusty and disheveled, longing for a chance to adjust my hat and brush my clothing before making my tour of the stores. If I become too tired to walk further, I may sit down in a drug store if I buy a drink or a dish of cream; I may rest in a picture show, if I buy a ticket and have time to watch the pictures; or I may sit in a restaurant if I buy a meal. Otherwise, I must perforce rush from store to store, becoming more and more bundle-laden and be-dragged as I progress. With a sigh of weariness I finally start for home, exhausted in mind and body. And I have no baby to be carried around, either!

Do I believe in rest rooms? At any rate I thoroughly disbelieve in their absence. Would I like for the town where I shop to have one? Personally, I'd prefer it to be in a Carnegie library. Where would I like to have it? I'd prefer its being in a downstairs room not far from the business section, but any place anywhere would win my gratitude. What use would we country women make of it? First of all, we'd rest a bit, then we'd attend to our children's needs, and

Suggestions for July

USE home-made ice-cream and frozen fruit juices if you have the ice.

Give baby plenty of boiled, cooled water to drink, but not from a cup or dipper someone else has used.

Do not let anyone use the stirring spoon for tasting.

Peel Your Peaches In This Easy, Sanitary Way

WHENEVER you prepare peaches for canning or preserving, try this simple way of removing the skins. It's quicker and easier than paring and less wasteful. Saves the best part of the fruit—that next the skin.

Dissolve half a can of GIANT Highest Test LYE and half an ounce of alum in nine gallons of cold water and boil in an iron kettle. Suspend fruit, in a wire basket or cheesecloth, in this hot solution for two minutes. This will remove the skin. Then wash fruit twice in cold water to clean thoroughly. For small quantities of fruit use four tablespoons of GIANT Highest Test LYE and a pinch of alum, to one gallon of water.

No fuss, no muss, no special utensils

This method does not injure quality or flavor of the fruit. Endorsed by the U. S. Government Board of Food and Drug Inspection. Used by the best California canners. Equally efficient for preparing pears and plums.

Insist on GIANT Highest Test LYE to get best results.

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