



THE PROGRESSIVE FARM WOMAN

MRS. W. N. HUTT, Editor

Hot Weather Suggestions for the Housewife

START a contest between the children in fly-killing—a prize to the one who has the greatest number.

If you do not have a kitchen sink, keep a large pail near the dishwashing table for waste water, emptying when full. It will save you hundreds of steps.

Stop buckets are easily kept clean if they are washed every morning, with a short mop stick, soap and hot water, and set out in the sun until needed. Thus the unsightly, smelly slobucket is eliminated, and the flies are denied a good breeding place.

Do not try to economize by using an old worn-out broom. A worn-out back will be the inevitable result.

The baby's daily bath should not be neglected, particularly in warm weather. If you are pushed for time, let something else go undone. See that the older children get in the tub or the creek every day. It will add to their health as much as to their appearance.

Do you have a sleeping porch? If not, screen off an end of any porch, move all the members of the family out to sleep, and just notice how much earlier you feel like getting up, and note the extra vigor you will have. A cold bath on rising will also put "pep" into your system. MRS. A. B. HURT.

Uncle Sam Shows Women and Children How to Save

WE ARE not a saving nation. That is the reason we are so flat financially, many of us; when the rainy day comes. Yet we know that rain always follows sunshine sooner or later. Then why do we not prepare for it? The answer is doubtless in the sisters three, faith, hope, and charity, on which we depend too much.

Ask a prosperous person why she does not save and the answer is that her husband says that investing to the limit and making money is better than saving it; ask a down and out and you are told it takes every cent to live on. Yet few are so wealthy that a few ready dollars would come amiss some day, on the principle that "a little stream will quench a great thirst," and few have so little to spend that a few dollars a month could not be put aside.

A Little Saving Is No Sin.—A little saving is no sin in an old English quotation. It is a good one to keep in mind; the other extreme is that a miser's existence is not life nor his treasure riches, because in accumulating he has lost the ability to use them wisely. We can find the middle course and keep it.

Uncle Sam has come to the rescue, helping us to save in a small way. You or I can go to the post office and buy one or more 10-cent postal savings stamps. When we get 10, \$1 worth, they are exchanged for a \$1 Treasury Saving Stamp. Twenty of these are exchanged for a Treasury Saving Certificate and then has arrived the glad day on which Uncle Sam begins to pay us interest. Compound interest at 4½ per cent free from state and local taxation is something to smile over.

How Money Grows.—Sell a hen, now and then, deposit the money with the postmaster in postal stamps (10 cents, and treasury stamps (\$1), and five years from the day you reach \$20 and have the postmaster turn your treasury stamps into certificates Uncle Sam will return you \$25. Similarly if you put in \$80 you can draw out \$100 and if you put in \$800 you can draw out \$1,000, all with the guaranteed of our government behind it, than which there is no earthly institution more reliable.

Habits Are at First Cobwebs at Last Cables.—We, our lives, are made up of habits, so why not make the habits good while we are in the thread or string or cord stage. In other words, why not have your little girl ask the teacher to buy her a postal (not postage) saving stamp each week. Teachers do this all over the country where

several parents desire it. It is astonishing how interested even very little children get in saving money for college or a lamb or a trip or something worth while.

We women tuck money away for this or that, why not ask the mail carrier to buy a treasury savings stamp (\$1) once a week. It is surprising how quickly those dollars will grow into twenties and how soon five years will pass and each \$20 become \$25.

If You Should Need the Cash.—Your certificates will be redeemed if you need the money in an emergency, not at 4½ but at 3½ per cent compound. That is, it is safe from fire, thieves or personal temptation; easy to accumulate and easy to cash.

Where to Purchase.—Should your post office be very tiny and not keep stamps you can get them from the nearest town post office, the bank, the Federal reserve bank or the savings division of the treasury department at Washington, D. C., and you can send cash, a check, a draft or a money order for the little ones and the postal and treasury stamps for the certificates. Uncle Sam is a wise and beneficent old fellow to those of us who will take advantage of his kindness.

Library Service for Rural Women

I AM a little backwoods teacher and we are starved for something to read. Our school has nothing, not even a dictionary."

Look up your state in the list below and write to the accompanying address. For a group of people to get reading matter in those states having a Library Commission is so simple that it seems a shame to be without it.

Alabama.—Alabama Department of Archives and History, Division of Library Extension; director, Mrs. Marie Bankhead Owen, Montgomery. Traveling libraries.

Georgia.—Georgia Library Commission; secretary, Charlotte Templeton, Atlanta. Lends free traveling and package libraries.

Louisiana.—Louisiana State Library Commission; secretary, Mrs. Katherine M. Hill, 638 Lafayette Ave., Baton Rouge.

North Carolina.—North Carolina Library Commission, Raleigh, N. C. Mary B. Palmer secretary and director. Lends free traveling libraries, debates, material for declamation contests, and books on a wide variety of subjects.

Oklahoma.—Oklahoma Library Commission; secretary, Mrs. J. R. Dale, Oklahoma City.

Tennessee.—Tennessee State Library, Department of County Library Extension; director, John Trotwood Moore, Nashville.

Texas.—Texas State Library; librarian, Elizabeth H. West, Austin.

Virginia.—Virginia State Library; librarian, H. R. McIlwaine, Richmond, free traveling libraries.

South Carolina, Florida, Arkansas and Mississippi seem to have no form of library service for the state. The only way for "little school teachers" to do it in the last four states is to write the president of the state federation of women's clubs and ask for the influence of the women for the establishment of traveling libraries.

How Advertisements Made Work Easier

NOT all of us can have the built-in devices of which we read in our papers, and a whole lot of us live so far from the city and its stores that we cannot buy the things we read about. The picture



A CONVENIENT AND DESIRABLE CABINET

shows some conveniences in the kitchen of a woman who was far from the city and its stores. She studied her farm papers, and bought helps from the advertisements she saw in the paper.

The cabinet itself is complete and desirable for the farm woman. The cupboard on the left is used for dishes neces-

sary in the kitchen; the cupboard on the right for supplies. This housewife has the little middle cupboard for medicines, as they are handy when the children burn a finger or stub a toe, and they are well out of the little folks' reach. The two little drawers below the medicine cupboard contain string, screwdriver, tack-hammer, etc.

The sugar and salt bin, on each side of the spice cans, tilt easily. The large salt bin appeals to the country housewife, she uses more salt than the woman in town. The butter must be salted, meat salted down, big bakings of bread require a half cup of salt, and the shaker is too small to appeal to her.

The spice cans are large and the tea and coffee canisters are generous. In the base, the flour bin will hold 50 pounds of flour. Then notice the generous meal bin, below the linen and cutlery drawers. The cupboard in the base is for cooking utensils. The average kitchen cabinet is designed for small town families. The country housewife who buys in larger quantities has leftovers for which a place must be provided. She should study many cabinets very carefully before she buys.

This housewife bakes 22 loaves of bread. Notice the bread mixer. It cost \$3.50. In baking for a big family, it surely pays in the time and energy saved to knead the bread.

The food grinder fastened to the board pays for itself every month in saving odds and ends. Recently, last June, the cherry seeder worked hard nearly every day. The serving tray saves many steps. The gasoline iron, on top the cabinet, irons on the cool porch away from the hot stove and saves a thousand steps. The kitchen clock tells the time at a glance. Before its arrival dozens of steps every day carried the housewife to the living-room to look at the clock to see how close the dinner hour was upon her.

I was interested in an advertisement for a kitchen cabinet which I saw the other day. It is based on sound fact, and every man ought to read it. It stated that a member of Hoover's committee on the elimination of waste in industry, found that in the American kitchen, where no cabinet is used, 2,113 steps were taken in preparing the three meals of a day. With a cabinet of the best grade of efficiency 1,592 steps were saved, or nearly three-fourths of the total. The saving of time and energy, the added time for recreation, reading and rest, pay good interest on the money involved. It's time we put a little more study on kitchen equipment.

MRS. ALICE K. CRIPPS.

How I Trained a Green Cook

A SULTRY July day several years ago, of age called to see me about work. I, weighing nearly 200 pounds and not very strong, had been wishing all that hot morning, as I stood over the stove, that I had a cook.

I asked her if she could cook.

"No, ma'am," she replied, "but I'm willing to learn."

I told her we would begin by working together. The first work that we did was to clear the dining table, wash the dishes and set the table ready for supper.

That evening we cooked supper together. Before beginning the meal, we first examined what was left cooked from dinner, and then made out a list of what was needed for supper. I began with very simple dishes at first, and then showed her how to serve them. I seldom had to show her more than once or twice. I never scolded at a mistake, but praised often for she was worthy of it.

MRS. W. T. RAWLS.

Beaded Silk Bag

ONE of the new "miser" pouches is crocheted in taupe silk and steel beads. It is very long, measuring 42 inches in length, not including the tassel and fringe, and the flat end is 7 inches wide. One end is round and solidly beaded into a star pattern topped with little flower motifs and finished with a

OUR PATTERN DEPARTMENT



1291—Ladies' House Dress.—Cut in sizes 36, 38, 40, 42, and 44 inches bust measure. Size 36 requires 4¾ yards 36-inch material with ¼ yard 32-inch contrasting.

1256—Ladies' Dress.—Cut in sizes 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, and 56 inches bust measure. Size 36 requires 3¾ yards 40-inch material.

9442—Boys' Blouse.—Cut in sizes 4, 6, 8, 10, and 12 years. Size 8 requires 2 yards 32-inch material.

9902—Child's Dress.—Cut in sizes 2, 4, 6,

and 8 years. Size 4 requires 1½ yards 36-inch material with ½ yard 32-inch contrasting.

1301—Ladies' House Dress.—Cut in sizes 36, 40, and 44 inches bust measure. Size 36 requires 3¾ yards 36-inch material with ½ yard 36-inch contrasting.

1167—Ladies' Dress.—Cut in sizes 36, 38, 40, 42, and 44 inches bust measure. Size 36 requires 3¾ yards 36-inch material with ¾ yard 34-inch contrasting material and 1¼ yards of binding.

Price of each pattern 15 cents. Two patterns ordered at one time 25 cents, stamps or coin (coin preferred). Ten days required to fill orders. Price of our Fashion Catalog 10 cents. Write for copy of our summer issue. Address Pattern Department, The Progressive Farmer.