

The Country Homemakers

Conducted by Francis Marion Beynon

THE NEW FRATERNAL GOVERNMENT

If any partisan reader has taken alarm from this heading and is dreading an exposition of the present political situation in Manitoba, let him set his mind at rest. It is not any particular government that is under discussion, but a type of government, and the example shall be taken far enough from home not to arouse the animosity of anyone.

Governments there have been in the past that called themselves paternal, and, indeed, they were very much like some fathers we know in that they did pretty much what they liked with the people and their belongings while assuring them that it was for their own good. There has followed, in English-speaking countries, a more Democratic government, which has, until recently, been occupied almost exclusively with the business of defence and tariffs and other equally mundane affairs. Recently a new kind of government has come into being, or perhaps it is only a new spirit that has entered into the old government. At any rate it is what one might call a fraternal government. It takes an interest in the people and shows a friendly desire to help them in their affairs and to enable them to do better work and enjoy life more fully. This applies especially to the farming communities.

The government at Washington, for example, maintains a large bureau for dispensing literature helpful to the farmers and their wives. Bulletins, the small booklets are called, and they deal with such a wide range of subjects that it would be hopeless to try to cover the whole field of their activities in this article. An experiment station is maintained in Washington, by which means different foods are tested as to their digestibility and food value and the results are set forth in tables, which are explained by many pages of clear concise text.

The pleasant part of it, and the real point of this article, is that having spent large sums of money on accumulating this information, the government of the United States does not feel obliged to restrict the distribution to the people within their own boundary line. They have made an arrangement whereby the people of Canada can have this information by writing to the Superintendent of Documents and paying five cents each for the bulletins. This is the real fraternal part of the arrangement.

On making this discovery I wrote to the Washington government for samples of this literature which I thought might be helpful to the members of the Women Grain Growers' association and other societies in getting up papers for their clubs, and I am printing at the end of this article a list of some that are especially useful and practical.

Now doesn't this seem a much more sane and humane occupation for governments than buying a cannon for the destruction of human life, and it may be taken as typical of the new era that is dawning in which the work of governments will become more and more social and less and less belligerent.

FRANCIS MARION BEYNON.

Bulletins

- 1—The Use of Milk. Farmers' Bulletin, No. 363.
 - 2—Cheese and its Economical Uses in the Diet. Farmers' Bulletin, No. 487.
 - 3—Nuts and their Uses as Food. Farmers' Bulletin, No. 332.
 - 4—Economical Uses of Meat in the Home. No. 391.
 - 5—Home Manufacture and Use of Unfermented Grape Juice. No. 175.
 - 6—Canning Vegetables in the Home. No. 359.
 - 7—Care of Food in the Home. No. 375.
 - 8—Modern Conveniences for the Farm Home. No. 270.
 - 9—Canned Fruit Preserves and Jellies. No. 203.
 - 10—House Flies. No. 457.
- Address Superintendent of Documents, Washington, D.C., and send five cents for each bulletin.

MORE ABOUT EDUCATION

Dear Miss Beynon:—I was so struck by the commonsense shown in grand father's letter in your issue of May 22, that I could not resist the temptation to endorse it. I have often wondered how many parents realize the injustice they are doing, not only to the children themselves but to their fellow pupils and teachers, by allowing them to stay away from school a day or so during the week.

Grandfather mentions the class work going on during the pupils' absence, but on his return the unfortunate teacher has often to repeat her lesson of the time before, to the detriment of the whole class, or continue her new lesson perfectly aware that, owing to the previous one having been missed, a greater portion of it is not grasped by many of her pupils.

Not only this, but children are intensely sensitive. It is usually the big backward boy who shows the greatest

me with little hands trembling and little terrified faces, which have made my heart ache, and their parents have told me that whereas they used to cry because they had to go to school they now cried to go. Whose fault was it?

I am going to utter a plea for the teacher now. No one but one who has taught herself can quite understand what a little appreciation and sympathy will do for the school marm. Hers is no easy work. I am married now, and altho I have not been blessed with any little ones of my own, I am a farmers' wife, so am not quite idle. Never in all my married life have I felt so tired and sometimes discouraged as on those hot summer afternoons when progress seemed so slow and pupils so weary. Do many of your readers take the Nor' West Farmer? There are some very practical hints there about school children's lunches. Often, I think, if more attention were paid to the pupils' dinners better work would be done by both

about bachelors being trustees. I believe I take as much interest in our school as do the other members of the board who are family men, and I believe that the ten married men who voted for me at the first school meeting believed so too. I might add that it was chiefly at my instigation and persistence that we had the Sanitary Chemical Closets installed, which I consider is greatly to the comfort of the little ones. I think there are numerous married men who would take less interest in the school than I do. However, perhaps "Lilac" has had some experience with bachelor trustees, so will not press my argument too closely.

I would say, in conclusion, to "Lilac" and others, keep up the good work. I believe you will get the vote before the English women, who have gone the wrong way to work to get it. They have delayed a good cause by their frenzied militarism and set the country against them.

BACHELOR TRUSTEE.

SUMMER RECIPES

Egg and Beet Salad

One good-sized beet or several slices of pickled beet, half saltspoonful of pepper, 6 eggs, 1 saltspoonful of salt, 1 lemon. Chop the beet rather fine in a shallow pan. Poach the eggs carefully. Lift them on a skimmer, dish, and sprinkle with the lemon juice and dust with salt and pepper. When ready to serve, put each egg, which is now cold and neatly trimmed, into the centre of a nest of lettuce leaves. Cover with the chopped beet, and put in the centre of each a teaspoonful of mayonnaise dressing. Serve at once, with nut sand wiches, as a summer supper dish.

Beef and Potato Roll (Cannelon)

One pound of beef, half pint of chopped cold boiled potatoes, 1 teaspoonful of salt, 1 egg, 1 saltspoonful of pepper, tomato sauce. Remove from the beef all the surplus fat and skin; put it twice thru a meat-chopper. Add to it salt, pepper, chopped potatoes, and the egg, unbeaten. Mix thoroughly and form into a roll about six inches long. Roll this in a piece of oiled paper; place it in a baking pan, add a half-cupful of stock and a tablespoonful of butter. Bake for half an hour, basting once or twice over the paper. When done, remove the paper, dish the roll, and pour over it either tomato or brown sauce. This is one of the nicest of cheap dishes for luncheon.

Omelet With Tomatoes

Half pint of stewed tomatoes, 1 level teaspoonful of salt, 6 eggs, 1 saltspoonful of pepper, 1 tablespoonful of butter. The tomatoes may be left in bits. Beat the eggs without separating until thoroughly mixed; add the salt, pepper, and tomato. Put the butter in the omelet pan; when melted, turn in the egg mixture; shake, and cook as you would for plain omelet. When "set," fold, turn out onto a heated platter, and send at once to the table. The tomato takes the place of water.

Strawberry Charlotte

Mash one box of prime berries thru a colander, add two-thirds of a cupful of powdered sugar, and stir until it is dissolved. Soak a half-box of granulated gelatin in a half-cupful of cold water for thirty minutes, then melt it over hot water. Add the strawberry juice, and stir continually until the mixture begins to thicken, then fold in a pint of whipped cream. Pour into a mold, and stand on ice to harden. Serve plain.

Souffle

Half pint of milk, 3 tablespoonfuls of flour, 4 eggs. Heat the milk in a double boiler. Moisten the flour in about four tablespoonfuls of milk; add to it gradually, the hot milk; mix, and stand it back into the double boiler; cook until smooth and thick. Take from the fire, add the yolks of the eggs, slightly beaten, and then stir in gradually the well-beaten whites. Put into ten greased custard cups. Stand these cups in a shallow pan, half filled with water, and bake in a moderately quick oven.



A BEAUTIFUL COUNTRY DRIVEWAY

That might well be copied by our more prosperous farmers

reluctance to attend school. The more he stays away the more backward he becomes, and in consequence the more reluctant to attend, until finally he passes the school age and enters life's struggle handicapped on all sides by his lack of education. Would it not have been far kinder to that boy to have appealed to his sense of manliness to try to overcome his difficulties rather than evade them?

Among little ones actual fear of the teacher is often the cause of the children wishing to stay at home. You parents, who use the threat, "You wait till you get to school, you see what your teacher will do to you," are you quite fair to the teacher? Do you realize that the only hope a teacher has of doing justice to your child is by gaining her confidence and making a study of her character? If so, you will not put the greatest obstacle, that of fear, in her way. I am a great lover of children and yet I have had little ones come to

pupils and teacher. Well, I think I have said enough to already exhaust your patience, so will close. Wishing you and The Guide every prosperity. Yours sincerely,

AN EX-SCHOOL TEACHER.

A BACHELOR TRUSTEE

Dear Miss Beynon:—Looking thru some back numbers of The Guide, I noticed the letter by "Lilac" in the issue of April 22. In reply I would like to say that I quite agree with her that the women should have the chance to vote, at any rate, that being the least they are entitled to by moral law. Also I am not afraid to trust women with the vote, as I have nothing to lose if they closed every bar in the country, as I hope they will eventually.

Then I also believe it would be a good thing if school trustees were mixed, part women and part men. However, I think there are exceptions to every rule and I do not see eye to eye with "Lilac"