

The Country Homemakers

Port o' the Moon

Slowly up to view

Comes a white sailed galleon,
Still and darkly blue
Are the waters she sails upon.
Out of the South she came,
From far antipodes,
Where gold and red-rose islands flame
In shimmering opal seas.
A cargo of precious things,
Beneath her white deck lies;
Rare gold dust she brings,
To sprinkle weary eyes,
And colored dreams in bales
(Bought with laughter or sighs)
The merchant, Sleep, is ready for sales,
Calling: "Come buy! Who buys?"
—G. Howatree Harvey.

The Domestic Helper

"Any girls who do come here looking for a job prefer not to go to the country." So said the majority of the employment agents when interviewed regarding the supplying of domestic help to farm homes. It is such a universal statement and fact that it requires careful investigation.

Let us look at the life of the girl in the city who makes her living by helping some woman with her home tasks. In too many cases it is an unpleasant existence she leads. Yet she prefers it to the country. She enters and departs by the rear entrance. She ascends to her room by the back stair. She partakes of her meals in lonely solitude off the kitchen table. In every way she is made to feel that her position is indeed a humble one. A most difficult thing to understand, and a most inconsistent, incompatible thing, is that those comfortable well-to-do self-satisfied persons who continually harp on the one tune, that "women's place is in the home," are those who condemn the home-keeping helper to ignominious humanity, and for no other reason than that she has chosen to make the home her place. But that is aside.

But because she prefers it to the country we must look for still greater disadvantages there. The city girl has a room of her own. Very rarely indeed is she asked to sleep with the children. The kitchen is her own domain, and here she may entertain her friends. She has one afternoon a week to herself, and several evenings. Needless to say housekeeping in the city is much easier than it is in the majority of farm homes by reason of the modern conveniences. In the country the girl is, in 99 cases out of a 100, a member of the family. Their pleasures are her pleasures. There is one table and all are served and share alike. But perhaps it is because she is too much taken into the family and shares as they do, that trouble and distaste arises. In too many farm homes there are no afternoons off, indeed no off moments. The evenings have gone when the milking and separating have been done. Sleep claims for its own the tired-out family.

During all the years there has been so much for the women on the farm to do that they have lost all sense of proportion regarding their work. They rise at dawn and work till dark, going to rest then only because they are so tired they can do no more. During the two hours at noon when men and animals rest the women are experiencing their busiest time. When other women enter the homes to help they are expected to go through the same daily grind of work just as if they were machines. The wages, if as high as are paid in town, are certainly no higher. The method of working is woefully old-fashioned since modern conveniences are so expensive as to be out of the question in most cases. Even such conveniences as might be are not always in. Not infrequently the roller-towel is on the opposite side of the room from the wash-basin, the pantry on the far side of the kitchen from the dining room, and the kitchen range in the wood shed, perhaps on still another side. The homes are many times too small for the family. The girl must share her room with a couple of the children. Should there come a day when the work might wait there is no way of the girl getting away from the

scene of her daily work. If there were a means there is no place to go. Should she go to her room the children choose to play there, and why not, it is their room too.

It is a dreary picture but I have lived beside it all. I am glad to say that it is the darkest side. There is a brighter side. There are those fair-minded women who expect no super-human achievements from their helpers. Together they plan and do the day's work and together they take their hours of pleasure. To be a member of their household is a delight and a privilege. But it is because the darker side exists that it is so difficult to-day to persuade girls to go to the country. This portion of the dark side is the fault of the farm woman. She must realize the disadvantages of her home and must offset those disadvantages in some other way. It may be higher wages, a wage more nearly equal to that of the farm laborer. There are other things to overcome too but they mostly concern the ever-lowering status of the domestic helper. This will be discussed some other time. But let farm women not feel altogether blameless for the existing aversion to household work on the farm of the girl who might have been obtained to do it.

Child Welfare Clinics

Manitoba Health Department takes



A Quilt for a Wounded Tommy's Bed

another stride upwards in service to the people of the province. For some years the city of Winnipeg has had a very successful child welfare clinic. Here mothers received instruction in the preparation of food for their babies. By the co-operation of the doctors the babies were given free medical examination. Nurses were in charge and at any time of the day mothers might drop in and receive the consultation of the nurses on the care of their babies.

This spring a similar clinic is being established in the city of Brandon. A room in the county court building is being specially prepared for this work. Here nurses will be in charge, a telephone will be installed and every arrangement will be made for the scientific teaching of mothers in mothercraft. A clinic is also being established at Roblin and at Dauphin, and for the municipality of Assiniboia in the town of St. James. On each school morning the nurses will be in the clinic to give advice and help to mothers. In the afternoon they will visit the homes again giving what help and instruction they can to the mothers. It is the intention of the department of health to secure the co-operation of the local doctors in an effort to give free medical examinations of children. Later these welfare clinics will include a dental

clinic, where it is hoped a travelling dental specialist will visit each clinic at a given time and administer free treatment to the children. In connection with each clinic is a Little Mother's League where girls of 12 years and over are to be taught the proper care of babies.

The clinics will be the headquarters for all educative work in connection with the board of health. Quantities of literature will be on hand for free distribution. Medical science is as far as possible combating disease by prevention rather than cure. These clinics will be depots for the dissemination of preventive propaganda. The board of health says that the work to be undertaken this spring is the merest beginning of what will be undertaken as soon as possible.

A Message for Us

Does not this message from Lieutenant A. W. Currie to the Canadian troops in France, also contain a message to the mothers and sisters of those troops? If it does not ask us in so many words to "carry on," it does say, "Where Canadians are engaged there can be no giving way." These are days when it is difficult for us to not give way to our own fears and thoughts, but now if ever is not a time for giving way.

It would mean nothing short of national collapse. The General's message has given new courage and faith to some mothers and sisters I know and I pass it on:—

"Looking back with pride on the unbroken record of your glorious achievements, asking you to realize that today the fate of the British Empire hangs in the balance, I place my trust in the Canadian corps, knowing that where Canadians are engaged there can be no giving way. Under the orders of your devoted officers in the coming battle, you will advance or fall where you stand facing the enemy."

"To those who fall I say: 'You will not die, but step into immortality. Your mothers will not lament your fate, but will be proud to have borne such sons. Your names will be revered forever by your grateful country and God will take you unto Himself.'"

"Canadians, in this fateful hour, I command you, and I trust you to fight as you have ever fought, with all your determination, with all your tranquil courage. On many a hard-fought field of battle you have overcome this enemy, and with God's help you shall achieve victory once more.—(Signed) A. W. Currie, Lieutenant-General Commanding Canadian Corps."

Sugar Beet Culture

At the Home Economics convention held in Winnipeg, the latter part of February, Mrs. Dumbrell, of Charleswood, gave an interesting paper on gardening. She told of growing sugar-beets and of substituting the beets in preserving for sugar. In the discussion which followed others also told of using sugar beets in preserving. This was a new line of substitution to many at the convention. Anything that will save sugar for the trenches receives immediate attention. We have received many requests for further information regarding sugar-beets, as has also Mrs. Dumbrell. We have asked Mrs. Dumbrell to tell us what she knows about sugar-beets and to tell us how she uses them. Mrs. Dumbrell says:—

Many requests are coming in for more particulars regarding sugar-beets. I might just mention that I am only in the experimental stage yet but I hope to have more to report in the fall. Until war broke out the growing of sugar-beets was thought little of. But now with the soaring of sugar prices it opens our eyes to what we can do here on our own farms. At first only the ordinary sugar-beets for cattle feeding were used, and they made very nice pickles but when it was found that the sugar content was not so high as the genuine sugar-beet we used the latter. There are two varieties of the latter, the Kleinwanzleben and Vilmorin's Improved. These beets do not grow to the size that the sugar mangel does and I am sorry to report that the seeds of these varieties are very scarce indeed in Canada to-day, but I believe W. Atlee Burpee, of Philadelphia, has them. The culture of the sugar-beet is very similar to that of the mangel. Sow in drills about two feet apart. Thin out to a foot apart. These do not need quite so much room as mangels. They require one ounce of seed to 100 feet of drill or five pounds of seeds to the acre.

The method used at present for preparing the beet for preserving is as follows: Select beets just large enough to fit well into the pot without breaking the skin. Scrub well with a vegetable brush to free them of any soil. Then par boil. Plunge into cold water to slip skins off. You then run the beet through the food chopper, using one-half to two-thirds of this pulp to whatever fruit you are preserving, as sugar at all. Set on the stove and boil until it becomes thick like jam. Keep stirring for it searches quite easily. When thick enough put into sealers while yet hot and screw up tight like canned fruit. This will not keep indefinitely when open like jam but is good and wholesome for all ordinary purposes.

A very fine jam was made from equal parts of apples and pulp also grape jam with the same proportions. You can also make a nice pudding substituting beet pulp for the carrot in Carrot Fruit Pudding. These beets can be used just the same as the ordinary red beet, and to color them a slice or two of the latter may be added.

Here is a very fine pickle that is called Ladies' Delight. One-half pound of apples, one-quarter pound of beet, eight cubes, one pint of best vinegar, one-tablespoon of salt. Chop all the fruits fine. Boil the vinegar and add the salt, pour over the other ingredients. Mix well and when cold pour into small jars.

Then there is a table syrup to be made from the beets. Wash them well to remove the soil. Place in a large saucepan or preserving kettle. Cover with water and cook until soft. Remove the skin and slice them, cover with water and boil again for two or three hours, usually about three quarts of water to about ten pounds of the slices. Remove and strain into another saucepan. Strain again through a fine sieve or cheese-cloth. Set again on the stove and allow it to gently cook down until dark and thick like syrup. This is very good.—Selina Dumbrell.

Cons

Some months tribulations regarding saving devices any woman might letters with experience in. So are so easy of order is that adequately equipped and his wife was evidenced by days when grown on every hand really doing it and thought about too great woman. The exactly reacts on farm woman. save her work to ably considered effort spared to power in the w expending of woman-power, ated the househ It is wearing o Why not conser stitute someth men's Departm

Basement

The farm woman convenience to and hardship. fact—that the slave-like life in age farm-women out-loving help efficiency of sunshine and With drudgery in the farm he joyful.

One particular devised for our was installed kitchen. In basement before out and placed equipment which work for the took the shaft drill and place the boxes of drill we bolted of the basement we ran a belt one-horse engine shaft there are scattered from be, to operate on what speed machine to run a decision to needs to run One pulley of the cream separator power being