

The Farm Home

The Country Home

A Paper Read by Mrs. F. M. Carpenter
on March 30th at the Saltfleet
Women's Institute.

Mrs. President and Members,—I have jotted down a few thoughts on the place where the great are sometimes small and the small are often great. The father's kingdom, the children's paradise, the mother's world, the place where you are treated best and grumble most, the comfort of which youth does not fully appreciate, which the young men and maidens desire, which the middle-aged generally possess, which the old rightly value, and which is of such vital importance to those living in the country, namely:

THE COUNTRY HOME.

There is a magic in that little word, *Home*. It is a mystic circle which surrounds comforts and virtues never known beyond its hallowed limits. The Home, where God purposes to give to His children a little foretaste of Heaven—a world of strife shut out, a world of love shut in. Home is the sweetest word in the Saxon tongue. It has in it the brightness of sunshine and the fragrance of flowers. It suggests love and rest and gladness. It calls up pictures painted imperishably on our hearts. It speaks of father's care and mother's love and wife's tenderness and devotion.

The Home is the safeguard of the nation, a nursery where can be grown manly men and womanly women. The happiness of that home depends in a great measure on what you take into it. Whether we live or die or how we live or die are largely determined by our household conditions, and yet young men and young women marry and make for themselves homes daily in cheerful ignorance of the structure of their bodies, the food necessary for their development, or the sanitary conditions which govern the laws of health.

Helen Campbell, in her valuable work on Household Economics, says "The human animal feminine trusts that instinct will teach her how to rule a house and guide her young. The human animal masculine believes that Providence arranges these things and that scientific cookery, sanitation, and all that are the fads of a small school of cranks." We recognize the truth of this, humorously as it is put, and we recognize, too, that books of this kind are needed to open the eyes of men and women to the duties of which they are ignorant.

To this ignorance can be largely traced the filling of our homes of refuge, our asylums and jails.

Long ago the art of doing housework well was acquired by a long and slow process, in a time when women had few pleasures which could com-

pete with it, and when it was considered a disgrace to be ignorant in this direction. Those times will never come again, but it is unquestionably the duty and privilege of every woman to be the homemaker and fit herself to fulfil worthily her duty in her allotted sphere. Our education can never be too broad, our wisdom too deep, our sympathy or enthusiasm too large for the infinite variety and delicacy of relation and situation incident to a household of children. If school has unfitted us for domestic life our education has been on too narrow and too low a plane.

It does not require very wide opportunity to observe and to realize that there are thousands of women and girls who have no opportunity to become good housewives, no matter how much they desire to learn the art. How are these girls, who are during the early part of their lives in factories, to know the art of home making when marriage comes to them? They enter into the new domain inexperienced, untaught and unskilled. What is the result? The lovely picture of the home by which they were so recently enchanted has vanished, the task supposed to be so easy, so light, so natural that no training is required, is found in reality to be so intricate, so burdensome, that the young wife is overcome by discouragement or settles into mediocre methods that fall far short of the *Model Home*. If all women were by custom and usage compelled to show proof that they were prepared to enter upon a line of duty and employment that so largely affects a nation it would work a moral elevation the magnitude of which can scarcely be conceived. Is it not a fitting time for women to plan and devise methods that, if politically considered, would elevate and protect what is essentially ours—the *Home*? Please do not mistake me. I am not asking, nor do I wish for, the franchise to be extended to women, but that the country should wake up and have training schools in the country or branches of domestic science taught in our schools as they are having in the cities; branches particularly practical, that will elevate and benefit the home. I think most women, and I hope, some men, are by this time convinced that the average woman requires education as well as men to become skilled in any line of industry.

(To be continued.)

A Domestic Science Association.

About a year ago a few women in the State of Illinois formed an Association of Domestic Science. This Association was organized for the purpose of

arousing greater interest in home-making. It is to be to the farmers' wives and daughters what the Farmers' Institute is to the farmers—a means of gaining knowledge and creating an interest in the work of housekeeping. It is the purpose to have the farmers' wives in every county organized into County Associations which shall meet at the same time and place as the County Farmers' Institute.

At the first annual meeting of this Association held recently the President, Mrs. Joseph Carter, Champaign, Ill., spoke as follows:

"Without aid from any source the housekeeper has had to solve her own problems and think out for herself such changes and improvements as she saw necessary in the affairs of the home. It is little more than half a century since the first agricultural society was formed in this State. Since then all Illinois farmers have had their organizations and each of the separate interests of the farm has had its own organization—horticulture, the dairy, the stock and all save the housewife and her work of home-making.

"If we compare the farming of fifty years ago with the methods and results of farming at the present time, we see what these organized societies have done, not only for the farmers themselves, but for the world. It would be a waste of words to enumerate the benefits, but it is hardly possible that all this could have been accomplished without the organizations.

"One is led to wonder what might have been done, and what housekeeping would now be, had the farm wives formed societies fifty years ago and planned and worked for better things in housekeeping, as did the farmers for their work, and we wonder what will be the result of fifty years of organized effort for improved methods and greater knowledge in household economy.

"We are fully convinced that the future has in store for us things far in advance of what we are now doing if we will strive for them, but so long as we remain content with our present condition and knowledge we shall make no progress.

An Experiment with a New Food.

An interesting food experiment was conducted during March and April at the Kingston Military School with a new vegetable food called "Protein" or "Protose," with a view to testing its efficiency as a military food. Previously experiments had been conducted at Montreal and elsewhere in treating cases of diabetes, dyspepsia, and other diseases of nutrition with marked success.