

The Country Homemakers

CONDUCTED BY MARY P. McCALLUM

UNIFORMITY IN SAVING

Although the Liberal convention recently held in Winnipeg has received so much criticism that we wonder if more harm than good has been done by holding the convention, certainly no one in the prairie provinces can be dissatisfied with this resolution: "Resolved that as a war measure and with the object of utilizing to the fullest extent the food value within the Dominion the federal government should take possession of all stocks of alcohol and the federal government should absolutely prohibit the manufacture, importation, exportation, storage or sale of intoxicating liquors within the Dominion of Canada."

When Food Controller Hanna first assumed the duties of his new position he told the women of Canada through the Canadian Women's Press Club that they, with the women of the United States must make up a deficit of 160,000,000 bushels of wheat for export to Europe. Mr. Hanna has estimated the total requirements for the Allies and neutrals in Europe to be 1,165,000,000 bushels of wheat. He estimates that the production in Europe to meet this demand cannot exceed 615,000,000 bushels. This means that the United States and Canada must supply the remaining 460,000,000 bushels. This means that the United States and Canada estimated the surplus of the wheat crop in Canada and the United States would not exceed 300,000,000 bushels. This means that these two American countries must in some way make up that deficit of 160,000,000 bushels of wheat.

Elimination of waste in the administration of household affairs, and the substitution of the coarser flours for white flours have been the keynote of Mr. Hanna's administration. Restaurants and public eating houses have been ordered to observe two beefless and two baconless days a week. They have also been ordered to serve an alternative food made from the coarser flours as well as the plain white bread. No order has as yet been issued for the regulation or restriction of certain foods in private homes. Each home is a law unto itself as regards the conservation of food. The question is, how many heads of families will take the responsibility upon themselves of mapping out a campaign of conservation to apply to their own households. So far this is a matter of individual conscience.

It cannot be otherwise. Mr. Hanna is busy preparing an appeal to the housewives of Canada that they by substitution and elimination of waste in household administration do all they can to assist in this national saving of foodstuff for export. The average farmer's household wastes little. The service the farmer and his wife can render is that of substitution rather than saving. Canada needs more wheat, beef and bacon for export. By substituting other foods for these the farmer is rendering the service his nation most requires of him.

There is, however, a national house-keeping administration which bears investigation. Shortly after the beginning of the war France was forced to refrain from the making of the expensive and extravagant pastries for which she was famous, because the food stuffs used in their making were needed for the making of staple foods. The same thing was found necessary in England. Yet the national house-keeping system of all these countries permits the wholesale manufacture of spirituous liquors thereby using millions of bushels of grain, which should be utilized in the making of staple foods. Food Controller Hoover of the United States urges the women of that republic to save one slice of bread a day. There are twenty millions of homes in the United States so a saving in each of a slice of bread every day would materially aid in the supply of flour and wheat for export. Yet the United States permits the destruction of millions of bushels of grain in the manufacture of spirituous liquors. Canada does the same thing. But in the United States the use of grain in producing liquor will cease next month. Not so in Canada. The grain used in the manufacture of liquor is absolutely destroyed. It is not made into a food for extravagant tastes but is actually destroyed as truly as if a match had been set to granaries and several millions of bushels of wheat had been burned. To ask already saving women to still further save that the grain grown on these prairies might be used for manufacturing liquor is the essence of inconsistency. It seems little short of irony to ask prairie women who assist in raising that wheat to save it for manufacturing liquor when the prairie provinces have adopted measures of prohibition.

Every woman's organization within the Dominion of Canada should memorialize the federal government in some such sentiment as the resolution quoted above until the government is so inundated with memorials and resolutions that it is glad to

comply with the request. If this is too late a date to produce an effect on the present government then all leaders and parties who seek election to power should be asked by the women of the country to promise that immediately at the beginning of their term of office they will endeavor to bring into effect a measure calling for the total prohibition of liquor, at least for the duration of the war.

Women will have to bear the brunt of the saving and do the saving, and yet so little is heard of any efforts of protest at the inconsistency of the government which they are making. Not that women should object to saving! Oh no! But they should demand that the saving in the national house-keeping scheme should be consistent with the most patriotic family in the Dominion. The same care should be exercised by the national house-keeper, the government, that the millions of bushels of grain now wasted and destroyed in the manufacture of intoxicating liquor should be saved as that the humble housewife should refrain from making the pie which her family so much cares for. Will the organization in your community be one that will assist in demanding the cessation of the manufacture of intoxicating liquor in the Dominion of Canada, thereby saving for the necessary export to the Allies in Europe the millions of bushels of grain now being destroyed in the manufacture of liquor. The Allies' cause rests on the strength of the demand.

MARY P. McCALLUM



On the Lethbridge Experimental Farm. Nature and man have united to make a beautiful spot of what was not long ago scorched prairie.

FINDING SOME DIFFICULTIES

A lady writes that she is new to prairie life. On a farm, having lived always in big cities in England and Scotland and would like a good recipe for pickling pork and a method for working up butter after taking from the churn. She says: "I am enjoying life on the farm greatly and have learned to milk, but I have not been able to get the butter just as it should be." Can someone help her?

M. P. McC.

WOULD THIS DO IT?

Some time ago I noticed a query as to how to link the church more closely to the rural community and I have not seen any response. In many districts the church and the people seem to be drifting apart. What is to be done? I recollect soliciting funds for the minister and in one home of workers we did not receive anything. "We are asked," was the statement, "to sacrifice and deny ourselves for the minister, but the minister does not sacrifice and deny himself anything. If we pattern our actions from the ministers we shall consider self first." How much truth there is in this statement the readers of The Guide will judge for themselves.

It really is amazing how content some ministers are to take charge of a field and let things slide along without making any effort to increase the membership or produce any other definite result. The object of paying these men is to preach the gospel to all men, not in order that the person who pays the money may thus have a hold on eternal life. I think that if a stipulation were made by all denominations that the minister must preach to at least 10,000 people in a year in order to earn \$1,200, and as the number falls below that make the payment less in proportion, I think a vast difference would be shown in the energy displayed by the ministers. They would be persuading farmers to lend their home for a service during the week so as to get the message delivered, and thus closer connection of people and minister would be brought about.

Did our Saviour and his disciples make a bargain with the people that they be paid a sum of money in advance before they would preach the gospel to them?

C. H. G.

SIMPLE CLOTHING BEST FOR CHILDREN

The importance of infants' clothing cannot be over estimated. Remember that the new-born babe is not able to select its own clothing, nor is it able to protest when it is uncomfortable. Accordingly unless mothers possess a knowledge of fabrics many babies will be kept too warm or too cool. Miss Mary Robinson, of the University of Missouri College of Agriculture, offers the following suggestions on clothing for children. Wool is better for conserving heat than cotton, because of the air spaces between its fibres. Cotton flannel is warmer than plain cotton materials for this same reason. The baby's temperature must be kept at about 98 degrees Fahrenheit. Therefore the material should vary according to the season. An abundance of the following garments are needed for dressing an infant: Shirts, bands, knit bands, petticoats, night gowns, slips, diapers, wraps, stockings, shoes.

Recently women have begun to realize that plain, substantial garments are better for children of all ages than the be-trimmed garments which were formerly used. It is better to spend time considering whether a material will launder well and make a comfortable garment than to spend the time in embroidering, tatting and adding laces. Crepe makes an excellent garment for all ages. It is inexpensive, easily laundered and waves work in ironing.

Extremely long dresses for babies have been practically abandoned. The excessive cloth serves no purpose whatever. All garments, in addition to being plain, neat and comfortable, should in no way restrict the body movements. Rompers are especially recommended when the child begins to crawl or walk. Skirts hinder their freedom. Long skirts for women are unsanitary and restrictive; they are more so for children.

Clothes for all ages should be made so that dressing the child will be facilitated. Dressing a baby will be simplified by having "Gertrude petticoats," which fasten on the shoulder, and slips opening entirely down the back. If the proper thought and care were given to the older children's clothing, many children would be able to dress at a comparatively early age, thus assisting the mother very materially.

The cost of children's garments is not prohibitive, especially when they are made at home. Simple, substantial, inexpensive materials should be selected. Children do not need expensive garments. Their clothing must be changed often, and consequently several changes of each garment must be on hand.

If the mothers will determine the number of garments needed by the child, the problem of the child's wardrobe will not be great, and by purchasing materials in quantity will be much less expensive.

NEVERS

NEVER use a feeding bottle with a tube.
NEVER give medicine to make the baby sleep.
NEVER wake the baby except for nursing.
NEVER give teething powders. They are poison.
NEVER forget that the little baby's head needs support.
NEVER give the baby a comfort. It is a bad habit, for which the baby is not responsible.
NEVER let the baby's skin get red or sore in or about the navel cleft. Keep clean.
NEVER use a soiled diaper again before it is washed.
NEVER wear a baby younger than nine months, unless your family physician advises you to do it.
NEVER put the nipple of the baby's nursing bottle into your own mouth.
NEVER give the baby "home" milk. Any milk that is not clean, cool and covered may kill the baby.
NEVER try any "Baby Food" without your doctor's advice. What suits your neighbor's baby may not suit yours at all.

HELEN MACMURCHY.

HOW TO CURE THE CRANKY FIREBOX

In regard to "Stinkwood's" stove, I would advise that she try the following mortar, using it in back of firebox next to oven and on top of oven. The reason her bread and cake burn on top is that the castings or wrought steel are too thin. Powdered clay one part, sharp sand two parts, coarse silt half as much as of clay. Mix all together dry until thoroughly mixed and add water, making a stiff mortar. Plaster back of firebox and top of oven about 1 inch, smoothing surface. Use fire clay if possible, although common clay will do.

W. G. GRAVES.