

Learn More About Food Values "A. E. C. Observer," Yale-Car Dist., B.C.

On first thought it would seem that there is very little more the farm woman can do than she has already put into practice. But with careful consideration it is surprising how many helpful ways open up. One of the most important of these is understanding more about food values. There are five main groups of food—protein, fats, carbohydrates, mineral salts and bulk, and every meal should have some of each of these groups to make it well balanced and nourishing. Many foods are equivalent. Therefore the woman who "knows" will be able to substitute dishes of milk and eggs for more expensive meat, and will of-



Chums.

Mr. John Laidlaw was one of the four earliest settlers in the Paisley Block of Clough Township, which was settled by emigrants from Paisley in Scotland. At the time this photograph was taken Mr. Laidlaw was 87 years old. He is one of the few remaining representatives of a class of men who might well be called "The Real Masters of Canada."

ten use vegetable oils instead of butter for cooking.

We can learn to substitute low-priced foods for more expensive ones. Daniel of the Old Testament thrived on pulse and water to drink. Beans, peas and lentils can be used to advantage in soups, or combined with a little meat and tomato sauce. Less tea and coffee and more water or milk might not come amiss. Rice may be used with tomatoes or cheese for the principal dish, while corn meal makes good mush. Milk is very nourishing, and can be used in puddings, sauces and creamed soups.

By avoiding all kinds of waste we will also be helping to economize food. Leftovers are best made into soup. A stock pot at the back of the stove is a good idea, and every particle of leftover vegetables, cereals, meat or bones of meat can be placed in it. Dry bread and crusts can be put in the oven to dry further, then put through meat chopper, rolled with the rolling pin and used in many ways instead of cracker crumbs. Vegetables should be conservatively cooked. The water in which they are cooked should be kept and served as soup or sauce, thickened slightly, thus saving valuable mineral salts. A double boiler or steamer are well worth using. Another way to save is to cook potatoes in their jackets.

We should make a special effort to train the children aright. Hon. John Oliver, Minister of Agriculture for British Columbia, claims that the greatest need of to-day is to have the people realize that they should be more self-dependent, and the training for this must begin with the child. They should learn at an early age to govern themselves. One method of achieving this is to let the children "take the consequences." Instead of punishing them. It is also very important for them to learn the value of money. This is best taught by giving the children an opportunity to earn their spending money, and will make it easier to teach them how to spend and to save wisely. It largely rests

with the women folk to train the rising generation for their great work in helping Canada readjust conditions after the war, in a patriotic spirit.

Another way in which we can do our bit is by saving rags. Appeals are being made throughout Canada for the saving of old clothes and rags, that they may again be used in the manufacture of shoddy to relieve the strain upon the wool supply. Discarded clothing is separated into all-wool, all-cotton, and cotton and wool classes.

We should study politics. This is extremely important, owing to the fact that so many of our best men are at the front. It is necessary for the farm woman to have a wide knowledge of existing conditions in order to help her country and to vote wisely.

We should keep in mind at all times the injunction: "Satisfy only actual necessities." It is a good plan also to put up the following mottoes in our living rooms and live up to them: "Keep Smiling," and "Why Worry?" If the farm woman succeeds in keeping up a cheerful front she will be assisting everyone with whom she comes in contact. There are fewer opportunities on the farm for self-denial than in town. Picture shows and extreme fashions are not here to tempt us. Therefore good cheer and encouragement are needed to help the rest of the family to adjust themselves to new conditions. We can also help by sewing and knitting for the Red Cross and by sending cheerful letters, papers and parcels to the boys at the front, especially at Christmas time.

We should practice thrift in clothing. It is time now to consider what the family needs and what we have that can be used for another year or made over. Outgrown woollen garments can be cut down for the youngsters and hose re-footed.

Coming back to the question of food again, we can help by serving sufficient of a few articles of diet at a meal, rather than a little of many kinds, and thus lessen the temptation to overeat. By encouraging eating slowly, so that food may be well masticated, less food will be needed for the upkeep of the system.



A Picture for Daddy.

The little liddle in the illustration here-with was a mere infant when his daddy left for the front. We can imagine how pleased the father would be when he received this interesting snapshot.

—Photo by an Editor of Farm and Dairy.

Pennies Saved Are Pennies Made
Miss Effie Armstrong, Stormont Co., Ont.

MEN have known for ages what war costs women. But what is new, is the general recognition that war makes a call upon women, not only to suffer but to serve. In days of old women undertook the same service as men and went into the

Fresh from the Gardens

of the finest Tea-producing country in the world.

"SALADA"

TEA

B74

Sealed Packets Only.
Try it—it's delicious. BLACK GREEN or MIXED.

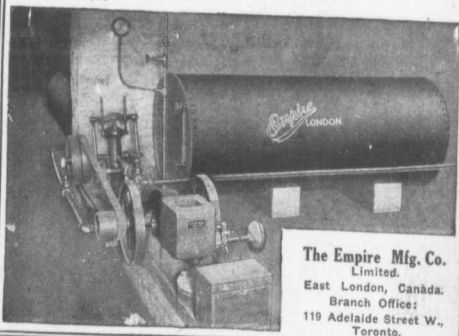
Save Steps-Save Work-Save Time

Put This Water System in Your Home

Empire Water Supply Systems are simple in design, compact, powerful, and give maximum service at minimum operating cost. They do all your water carrying about the house and for the stock in the barn.

You simply open a tap, and you have water instantly—anywhere, everywhere. Water in your bathroom—kitchen and collar; water under pressure for fire protection. The "Empire" brings you city conveniences, safety and comfort at little expense. Gasoline, electric and hand outfits.

Send to-day for information Blank—fill it in, mail it, and we will select an Empire System suited to your needs and estimate its cost Free of Charge.



The Empire Mfg. Co.
Limited.
East London, Canada.
Branch Offices:
119 Adelaide Street W.,
Toronto.

Every Home needs a Step-ladder

This McFarlane Household Ladder stands six feet high, built of clear, straight grain, British Columbia Fir, with pressed steel hinges. Pull rack holds up when not in use. It is

YOURS FREE

for just a little effort. Send us two new paid subscriptions to Farm and Dairy and on receipt of these we will send you the step-ladder, freight prepaid to your address.

FARM AND DAIRY.

Peterboro

Ontario

