

The Country Homemakers

Conducted by Francis Marion Beynon

HOME TRAINING AND WAR

Looking over the stories submitted by The Guide's child readers to the Young Canada Club, one finds perhaps a partial reason at least why war continues to exist.

Child after child chronicles accounts of the wanton killing of wild things for pure sport. Others tell of cruel attempts to tame the dear little birds and bunnies, in which, with tedious regularity, the death of the miserable little captive concludes the tale.

One can't help feeling that the teachers in our schools and the parents in the homes are to blame for this lack of respect for life, but more especially are the mothers culpable in this matter. Having paid it, they should know better than anyone else the price of a life, and their sympathies should have been so broadened by this experience that they would be able to feel for all the poor undefended wild mothers.

If, instead of allowing her children to rob a bird's nest of eggs or some member of the little family, the mother would teach her child to look upon them as a happy family, going quietly about their business and on no account to be interfered with or disturbed, she would have gone some distance towards inculcating that respect for all life that must come before human life is safe.

The roots of a really democratic spirit may be implanted in the child by discouraging any inclination on his part to capture and make a pet of these poor little creatures. It should be explained to him that they do not want to live in captivity and that because the child is bigger and stronger is no reason why they should be compelled to do so, any more than he would consider it right for a big, strong man to overtake him in the yard some day and, taking him home, shut him up in a room and feed him with whatever and whenever he pleased.

Children are not naturally cruel, but very often they have not grasped the idea that these poor little untamed things have feelings, that they love their young very dearly and tenderly and that in these bird and animal homes a very interesting life is progressing.

The women's clubs should be able to help in this matter by purchasing for the school some really fine books on nature and encouraging the children to learn the names, history and habits of the wild things to be found in each locality. If any reader cares to take the matter up, the editor of this page will be only too happy to supply the names and prices of suitable books.

Certainly something should be done about it, for it seems to us that we cannot hope for universal peace and genuine democracy until we learn to respect the rights of all living things, great or small, and to hold their poor innocent lives sacred.

FRANCIS MARION BEYNON.

BLANK PAGES BETTER

Dear Miss Beynon: In Guide of September 30, while glancing thru the paper looking for pictures—I don't read much and the thought struck me that a few blank pages would suit such people—the heading: "Socialism the Only Cure," nearly took my breath away. To think that a progressive page in a paper of the same ilk would print such stuff! It is a wonder that the government or the trusts, if you will, don't come down on you with all their force and blot the paper out. Socialism causes discontent, the writer admitted this, and discontented people are a horrible nuisance. They are always wanting something and further they start to think and then ask questions. Hoping you will be prudent enough not to print such articles.

PLODDER.

The opinions expressed in the letters on the Homemakers' page are not necessarily the opinions of the editor, but it is our intention to give the opportunity in this page for a frank discussion of social problems, the editor, of course, reserving the right to discontinue the discussion when it becomes tiresome or the writers grow personally abusive.

F.M.B.

PRACTICAL ADVICE

Dear Miss Beynon: I read in The Guide the other day about a lady asking concerning the use of flaxseed at child birth. I never heard of flaxseed, but have used slippery elm bark and found it good. There is a powdered bark, but I prefer the bark in its natural state. It can be procured from any drug store. Pour boiling water over it and add lemon or any preferred flavoring. Hoping this may do someone good.

If the lady who asked for a good, home-made soap will follow the directions on the lye can and add two ounces household ammonia and three or four ounces borax to each tin of lye, she will have a good soap. If rock ammonia is used, dissolve it in the water with the borax and add the lye. I have used this for years.

A FARMER'S WIFE.

INCONSISTENT DISCIPLINE

I never know of a young couple about to be married but I feel like telling them my life-story in the hope that it will keep them from shipwreck on a shoal that, I am certain, is the cause of more marital disasters than all other causes put together.

Looking back to my childhood I find that one of my earliest recollections is my father saying impatiently to my mother that she didn't know how to bring me up, and mother retorting angrily that she knew better than father did. The dispute was over a hard box on the ear that mother had given me because I had stumbled on a loose mat and broken a cup I was carrying. I remember how bitterly I cried at what to my childish mind, seemed the injustice of the punishment, and how comforted I felt when father took me on his knee and, holding me close, declared that mother was a cross thing and must stop hurting his little girl!

This incident was only one of many. If mother slapped me or shook me as she often did, and father was present, he invariably took me in his arms, gave me some little treasure or promised me candy, scolding mother while he petted me. If, on the other hand, father whipped me, which, as I grew older, he did frequently, I had only to go to mother to be told that father was a cruel tyrant who had no business to whip me, for I was mother's good little pet.

Recalling such instances of cross purpose in my up-bringing, I know they did not surprise or distress my childish mind. On the contrary, I think I rather en-

joyed the excitement of them and the sense of importance which they gave me in the knowledge that I was the frequent cause of my parents' many disagreements and disputes. Of one thing I am quite certain: they destroyed almost before its inception that belief in, and respect for, parental judgment which should be the best guarded possession of a child's early years.

DISEASES SPREAD BY CREAM AND BUTTER

The Delineator, anxious to ascertain whether diseases are spread by cream and butter, consulted Dr. E. C. Schroeder, of the Bureau of Animal Husbandry of the United States department of agriculture. A part of his reply is printed below.

"As to the occurrence of disease germs in butter, I can say, on the basis of my own experimental investigations, when such germs occur in milk they will be present, volume for volume, in larger numbers in the cream obtained from the milk, irrespective of whether the cream rises slowly to the surface of the milk by gravity or is rapidly separated with a centrifuge. When butter is made from cream that contains disease germs, the butter is infected, and I know of no medium in which disease germs remain alive and retain their virulence longer than butter.

"For example, the milk of a cow affected with tuberculosis of the udder was collected at the experiment station; the cream was taken from the milk and butter was made. Samples of this butter fed to hogs more than three months after it was made, caused the development of tuberculosis in some of the hogs. The amount of butter fed the hogs daily for thirty days was less than the amount of butter eaten daily on an average by human adults in an equal number of days. Five months after the butter was made the inoculation of small fragments of it into guinea-pigs caused them to become affected with generalized, fatal tuberculosis.

"The Division of Pathology of the Bureau of Animal Industry proved, with actual tests, that typhoid germs live practically as long in butter as tubercle bacilli, and in this connection it is well to know that typhoid germs multiply readily in milk and may occur in it in enormous numbers without changing its character in a way that can be seen, smelled or tasted.

"Diphtheria germs also multiply in milk without obviously changing its

character, and from it are transferred to cream and butter."

TESTED DISHES

Blushing Apples—Remove the core from red apples, scoop out the centers and stuff them with a filling made by mixing one cupful of sugar, the shredded pulp of oranges and the diced pulp of apples. Boil the stuffed apples in a thick sugar syrup until they are tender. Decorate with paper turkeys.

Cranberry Salad—Make cranberry jelly as usual and pour into individual molds. When cold turn each out on a lettuce leaf. Sprinkle a layer of nut meats, chopped olives and celery over the jelly. Over each portion pour two desert-spoonfuls of mayonnaise dressing. Serve with crisp salted wafers. This makes a very delicious and attractive salad.

Scalloped Turkey—Make one cupful of sauce, using two tablespoonfuls of butter, two tablespoonfuls of flour, one-fourth teaspoonful of salt, a few grains of pepper and one cupful of stock (obtained by cooking in water the bones and skin of a roast turkey). Cut the remnants of the cold roast turkey in small pieces to make one and one-half cupfuls. Sprinkle the bottom of a buttered baking dish with seasoned cracker crumbs, add the turkey meat, pour the sauce over it and sprinkle with the buttered cracker crumbs. Bake in a hot oven until the crumbs are brown.

Baked Bean Soup—Three cupfuls cold baked beans, three pints of water, slices of onions, two stalks of celery, one and one-half cupfuls of stewed and strained tomatoes, two tablespoonfuls of flour, one tablespoonful of chili sauce, salt and pepper to taste. Put the beans, water, onion and celery in a saucepan; bring to boiling point and let simmer thirty minutes. Rub thru a sieve, add tomato and chili sauce, season to taste with salt and pepper, and bind with the butter and flour cooked together. Serve with crisp crackers.

Steamed Winter Squash—Cut in pieces, remove the seeds and stringy portion and pare. Place in a strainer and steam over boiling water until soft. Mash, and season with butter, salt and pepper. If lacking in sweetness, add a small quantity of sugar.

Rice Muffins—Two and one-quarter cupfuls of flour, three-quarters of a cupful of hot cooked rice, five teaspoonfuls of baking powder, two tablespoonfuls of sugar, one cupful of milk, one egg, two tablespoonfuls of melted butter, one-half teaspoonful of salt. Mix and sift the flour, sugar, salt and baking powder; add half of the milk, the egg well beaten, and the remainder of the milk mixed with the rice. Beat thoroughly; then add the butter; bake in buttered muffin tins.

Egg Rolls—Sift four level teaspoonfuls of baking powder and a half-teaspoonful of salt with one quart of flour; rub in one tablespoonful of shortening. Beat one egg, add one-and-a-half cupfuls of milk, stir into flour, knead quickly, roll into a sheet a quarter of an inch thick, cut with a large round cutter, make a depression in the centre of each with a wooden spoon-handle, brush one half with milk, fold over like pocketbook rolls, stand in a greased baking-pan, brush the tops with milk, and bake in a quick oven twenty minutes. Serve hot.

Egg Scones—These are one of the nicest of the supper biscuits. Sift together two cupfuls of flour, three level teaspoonfuls of baking-powder, a half-teaspoonful of salt, and one teaspoonful of sugar. Beat one egg; add one cupful of milk; add to the flour, mix quickly, drop by tablespoonfuls into shallow greased pans, and bake in a quick oven twenty minutes.

Grafton Cake—Separate two eggs; beat the yolks, one-and-a-half cups of sugar, and two tablespoonfuls of butter together until light; then add one cup of water and two and one-half cups of flour sifted with two teaspoonfuls of baking powder; beat until smooth; add the well-beaten whites and one-quarter of a nutmeg. Mix all well together, and bake in a moderate oven three-quarters of an hour.

Contributes the Keep of the House



The second year of their married life the home of John and Jennie Tightwad was brightened by the arrival of young Bob. Jennie's outdoor activities were curtailed by this event, but her heart was made to blossom like the rose and she and John renewed their courtship in their common joy over their little son.

But Jennie was no shirk, and in order to do her full share towards getting along milked a cow and kept enough hens, and made enough garden and sold enough butter to supply the table and buy the very few clothes she and the baby indulged in.

So this year Jennie added a son to the potential earning power of the family and saved a hundred dollar store bill and still she did not handle any of the money nor was she consulted as to its disposition. It was all John's money.