

USEFUL HINTS ON HOME MANAGEMENT

THIS little booklet deals with a number of subjects with which the farmer's wife is most intimately concerned. It contains chapters on Cooking, Buttermaking, the Canning of Meats and Preservation of Eggs, Laundry and Interior Decorating.

The various subjects are briefly and simply dealt with and an endeavour has been made to write the information in a manner which will fit in best with the equipment in the average farm home.

A farmer's wife has many problems to consider aside from keeping her house in order and feeding the family. In many homes she is the book-keeper, the mistress of the dairy, the home gardener, and the manager of the poultry flock. She must plan to reduce the actual cash outlay to the smallest necessary amount. The food produced on the farm is the best that can be secured and the astute manager who clings closely to a home-grown diet is not only building strong bodies but is observing the best means of eventually reaching success.

In addition to the ordinary work required of a farm homemaker many women to-day add to their revenue by the exercise of some talents such as sewing, knitting, baking or teaching music. Extra effort of this kind should be encouraged unless the work must be done at the expense of the welfare of the children.

In all the recipes given in this pamphlet it may be observed that the use of foods which must be purchased is avoided as far as possible. Even in the preparation of such dishes as porridge, cracked wheat can always be substituted for oatmeal and even whole wheat may be used to great advantage, either as a porridge to be eaten with milk or as a vegetable to be served with butter. As such it may with advantage replace meat in the diet of children.

To those who are new to the Country this booklet is especially commended as plain, simply worded and economical. The recipes are all tested, easy to follow and require little expenditure of actual cash as many of the ingredients are the product of the farm and garden.

As the homemaker is also keenly interested in all matters relating to poultry and egg production, turkeys, etc., attention is drawn to the Soldier Settlement Board collection of Dominion Department of Agriculture Bulletins on Poultry in which much useful information will be found.