

should by no means neglect to send for the little book published by Henry Ford of automobile fame, entitled "The Case Against the Little White Slaver." This free pamphlet is the most telling indictment of the cigarette which has ever been published.

I cannot close this paper without acknowledging the debt which all temperance workers owe to the teachers of the public schools. Despite certain defects in form which have been referred to, the fact remains that the spirit which has been shown by the teachers themselves is largely responsible for the extraordinary change of sentiment concerning the liquor traffic which has come about in the last generation. While the boys may not have responded at the moment, the great dry vote which is to be found everywhere today is very largely the harvest of

years of conscientious sowing on the part of many faithful teachers. My purpose here is not in any sense to deery their work, but rather to suggest, if possible, some ways in which it may be rendered even more effective.

No one with an eye to see and an ear to hear can doubt that the liquor traffic is doomed. Until recently, our whole aim in education was to keep the boy away from the drink. In the last few years, however, we have seen a great light, and our chief aim now is to keep the drink away from the boy. It therefore behoves every teacher to take an active part in the temperance fight. Our most effective work will be, not in pledging boys against the use of liquor nor in warning them of its evils, but rather in doing our share to place the vicious and debauching traffic absolutely beyond their reach.

TEACHING COOKING IN RURAL SCHOOLS

By ETHEL HARRIET NASH, Asst. State Leader Boys' and Girls' Club, Massachusetts

There are almost endless possibilities for the correlation of cooking with the other studies in the little country school. Each teacher will plan her correlation to meet the needs of her particular children. The way in which she does this will depend upon herself, upon her belief in the great interdependence of one subject upon another, and upon her ability to make her pupils understand this with her. And upon the way in which she succeeds in tying these subjects together as a part of a great whole, will depend the efficiency of the teaching. A few suggestions only can be given here.

Arithmetic: Numerous problems on the cost of the equipment can be made. The little school that earned the kitchen cabinet by getting up a soap order had much valuable experience in keeping account of the necessary details. The three or four upper graders had entire charge of this. The cost of food materials gives room for many problems. The keeping of grocery sales slips for articles bought for the school, making

out monthly bills, etc., all give material. The getting up of a dinner or luncheon for a certain sum requires much figuring and planning. The measurements of materials and the multiplying or dividing of certain recipes is good arithmetic. If food sales are held the children should keep the record of the sales and have actual charge of the money. They might also keep account of the noon lunch expenditures. A good price list from some reliable firm is invaluable in this work. Its prices on canned goods, for instance, will assist in making many problems, at the same time helping pupils to realize that home canning as an industry is a very profitable business. In connection with the woodwork and the sewing there will be many opportunities for finding the cost and amount of materials used.

Language: Girls who have been making bread will really take pleasure in writing about "How I Make Bread," "Cooking at Home," "My Prize Loaf," "Canning for Profit," etc., are other suggestive titles.