

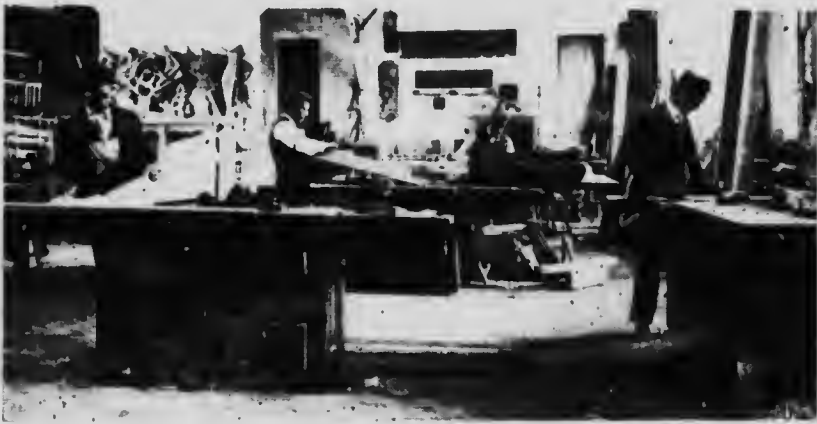
soils, bring about the conditions necessary for the germination of seeds and growth of plants."

"The negro farmer works hard, but it is too much in a mechanical way. His methods of farming must be changed from mechanical to scientific. And what is scientific farming save obeying the laws of nature? So he must learn the secret of working with nature if he would succeed.

"Through Hampton this work is being already introduced into some of the schools of Virginia, and I believe the time will soon come when this kind of training will be in most of the public schools of the South."

DOMESTIC SCIENCE.

General Armstrong, the founder of Hampton Institute, rightly said: "Our work is never secure till it terminates in family life, which is the unit



Wood-Working Trade Department.

of Christian civilization." With this thought in view they have now three courses of cooking—a very elementary one in home cooking for girls who are not likely to get on very far in the school; a more advanced course for the middle girls, and a normal course for those post-graduate students who intend to become teachers of cooking. Besides the regular routine in the class-room, the girls are taught the care of the dining-room, and are trained to set a table properly and to wait on table. In order to give a practical turn to the work one dinner a week is cooked and set out at 5 p. m., three girls in turn being responsible for the dinner, one of them acting as waitress. One breakfast a week is served at 7 a. m. This is a family breakfast and the eldest daughter is supposed to be ready to jump up from the table and wait on the others.