

The Ingle Nook.

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HAVE you ever thought of our responsibility in using Words?

So-and-so is "ungenerous", we say carelessly, or "conceited", or "a stick," and so on. Afterwards we find, perhaps, that the one of whom we spoke is really most liberal, not conceited at all, or very interesting. So far as we are concerned the wrong has been righted, but what of those to whom we spoke? Have they gone on thinking ill of this misunderstood person who now bids fair to be our friend?—thinking ill of him or her because of *our* hasty words.

It is so hard to judge superficially, and yet the words we speak from such evidence may go on and on until they work real harm or hindrance, to our mortification and sorrow, if not worse.

I thought of this, the other day, when reading Philip Gibbs' words about the American soldiers. You know as well as I that we in Canada have been given to thinking the Americans boastful. "Oh they are blow-hards", we say with an air that dismisses the whole matter.

Well, perhaps they are given to extolling the "United States of America", when they are out of their own country, but might we not also be given a little to talking overmuch of Canada if we were out of it, and especially if we were a bit homesick?

At any rate here is what Philip Gibbs says of the United States soldiers whom he met overseas. He is speaking of the

and perhaps by many of them for us,—all because our country and theirs happened to be at war a hundred years ago.

Does it not seem strange that it took another war to put us side by side and make us love one another?—Yet what a very great thing that is—that we two peoples, living side by side on this continent, should love one another! Don't you see how much it means, and how much easier it is going to be to smooth over difficulties in the future? For how comparatively easily complications are stirred up between two peoples filled with prejudice towards each other, no matter how foolish and baseless that prejudice may be.—And so very often prejudices are based on nothing stronger than just sentimentality. Ah, but we should look well to our sentimentalities!

Now, to return to our responsibility in the using of words:

You know as well as I the slighting suggestiveness with which the words "Chink" and "Dago" are used on this continent. But let me tell you this,—if you hear anyone using either of these epithets—in a contemptuous way, you may safely put that person down as being, on the point of nations at least, hugely ignorant. Of the Orientals enough has been said in previous issues of this department to render further comment here superfluous. The Italians, by their recent prowess in the field and still more by their great feats in engineering and airplane construction have sufficiently vindicated themselves. Never forget that the better class of Italians are a cultured, musical, delightful people, and that few countries in the world have done more for the sciences pertaining to "the soil". It is in Rome that has been founded the great International Institute of Agriculture.

shelter at the back of the house? One of the most attractive extensions of the kind that I have ever seen was built by a woman, with her two hands, a saw, hammer, nails and spade for digging the post-holes. The openwork walls were made of cedar branches with the bark left on, and formed a splendid support for the morning-glories and scarlet runner beans that clambered over.

With such a porch part of the family may choose even to sleep out of doors, which will be exceedingly good for them, although they may need a tent of mosquito netting to put about the bed.

Or are the mosquitoes over for this year?—Apropos of them I read a skit the other day, which I must pass on to you. I think it came from *Judge*.

"The Skeeter is a bird of prey
Which flies about at night.
About three-eighths of it is beak,
And five-eighths appetite,
And fifteen-eighths or so is buzz
And nineteen-eighths is bite."

JUST one more word,—some of you will not need it at all.

If any inexperienced city folk or young students have gone out to you to help with the farm work, have patience with them at first. Do not expect that, before they have been taught how and before their muscles are hardened, they will be able to do as much and as well as professional farmers. Just as reasonably you might expect to come into a city office and do the work there proficiently right off the bat. Most of these young people are really anxious to "do their bit", although, of course, a few of them may not come up to the mark, but they need both instruction and practice.

I am sure, however, that the most of you will look at the matter in a reasonable

of standard flour. West of Port Arthur the proportion is kept at one pound substitute to four pounds wheat flour. The brand "Victory Bread" is to be affixed to every loaf (baker's) as a guarantee that the prescribed amounts of substitutes for standard wheat flour are being included therein. Bread not bearing this label may be seized, and any person violating the regulation is liable on conviction to a penalty not exceeding \$1,000 and not less than \$100, or imprisonment for a period not exceeding three months, or both fine and imprisonment. Fines are to be paid to the municipality if the municipal officer secures the conviction, or to the Provincial Treasurer, where a Provincial Officer secures the conviction.

A Merry Jingle.

Just as I finished writing the last words about farm helpers, someone came in with the following, the joint effort of a group of farmerettes who are evidently going at their work in the right spirit and getting some fun out of it too. We judge "Tom Carpenter" is a prime favorite.

It chanced to be on Thursday, in the merry month of May,
That a wagon full of farmerettes came down Winona way.
They quickly donned their overalls and yelled out blithe and gay,
"We've come to help Tom Carpenter for a dollar ten a day."

At eight o'clock next morning, 'twas seven by the sun,
They started tying grape vines and at first they thought it fun,
But long before the noonday sun was shining overhead



The Funeral of Nursing Sister Margaret Lowe Who Died of Wounds Received During an Air Raid by the Germans. Canadian War Records.

anxiety with which both British and French looked for the arrival of "Les Americans":

"Then at last we heard that some of them were with the French, actually in the line and doing well, and then we saw with our own eyes some men in khaki, with stiff collars unlike ours, and canvas gaiters and slouch hats, and we said, 'By Jove, those are Americans!' Presently we met quiet fellows in United States uniforms who sat listening to casual conversations of British officers, and asking penetrating questions, as men wanting to know things. They were the outposts of the American army. I met some of these advance guards and found them enormously modest, as men face-to-face with local technique to which they were strange, among our men who had learnt it by painful lessons. I found them keen and alert and businesslike, quick to see the essential truth of things, taking it all seriously, making mental notes at great speed, yet with an easy way that made them good comrades at the mess table, and with a sense of humor refreshing in its incisiveness".

The higher officers, he continues, impressed him by their "fine simplicity of thought and speech", and he concludes the words of praise by saying that the Americans, on the whole, are "like the Canadians",—which does not "go down" badly with us, does it?

So much for the summing up of that great-souled Englishman, Philip Gibbs, and don't you think his words are worth listening to? Don't they make you just like the American soldiers?

And that is exactly as it should be. One of the most deplorable and ridiculous things on this continent has been the petty prejudice entertained by many of us for the people of the United States,

SO let us be careful with our words. They spread far and wide, and go down the centuries. You have heard, have you not, of the woman who went to a priest to confess that she had spoken slander? "Go", said he, "and scatter thistle seed to the four winds of heaven, then return to me." She did as she was bidden. "Now", said the priest, "go and gather up all the seed you have scattered." "But I cannot, I cannot", she said. "Then", he said, "No better can you recall the words you have spoken."

SO far we have had but little warm weather this year, but we may have plenty of it during August and September, so it is well to prepare to some extent for out-of-door living; at least we will do so if we follow the very good example of many people in the cities and of our cousins everywhere "across the border". "We eat, sleep, lounge, read, write, knit, cook, receive calls, give teas and auction parties, and even get married on the porch", says Mary Northend in *The Independent*, "Once a porch party was a rare and exciting event; now life in the country is a Perpetual Porch Party with three capital P's."

All this presupposes a good wide porch or verandah (not a mere shelf) upon which may be grouped chairs, tables and a hammock or two. I daresay that by this time Miss Northend is giving knitting parties instead of teas and auctions.

At all events scientists have proved that constant out-of-doors living night and day, is best for the health, therefore why live indoors in summer? If you haven't a porch big enough, and can't afford to build a "good" one at the front, why not put up some sort of temporary

light, and need no jogging in regard to it. —JUNIA.

The New Food Regulations

All bread made from standard wheat flour must now be mixed with a percentage of substitutes for wheat flour. This is the effect of a recent order issued by the Canada Food Board in a vigorous effort to save the existing wheat supplies so as to make them last out until the wheat of the coming harvest reaches the flour mills and the new flour is distributed for consumption.

The new Order defines substitutes for wheat as corn, oats, barley, rice, rye, buckwheat, tapioca and any mixture of same; potato flour, bran shorts, oatmeal, rolled oats, corn meal, corn starch, hominy, corn grits, rice meal and potato meal.

Up to July 15th, from July 1st, one pound of wheat substitute must be used by all bakers, confectioners and public eating-places with every nine pounds of standard wheat flour in making any bakers' products, and the same rule shall apply to every person in Canada who bakes bread, rolls or pastry for private consumption. On and after July 15th, in all Canada east of Port Arthur the proportion is to be increased to one pound with every four. In Port Arthur, and the West this increase is still in abeyance, preceding the report on the quantities of substitutes available.

It is provided in this Order that on and after July 15th no licensed dealer shall sell for private consumption east of, but not including Port Arthur, white flour to any person who does not purchase from him substitutes in the proportion of not less than one pound to two pounds

Our merry bunch of farmerettes would fain have been in bed.

One day good Mr. Carpenter said, "Girls, you're nearly through, I'll have to get the hoes and set you something else to do, There are rows and rows of strawberries that need attending to; So take your hoes and bend your backs, I'll leave the rest to you."

They pulled and tugged and struggled and hoed for many a day;
At last the job was finished and they heard the farmer say,
"You're doing splendid work, girls, You've surely earned your pay,"
And our maidens were made happy with a dollar ten a day,

Next came tomato planting, they were fifty thousand strong,
The egg plants and the peppers were coming right along;
And still they're working, working, no idling or shirking;
And often at the close of day you'll hear this song:

Keep the home soil turning, while the sun is burning;
Heed the call for food and till the mellow loam.
There's a silver lining, through the dark clouds shining;
Turn the dark clods o'er and o'er till the boys come home.

Salmon Loaf.

For E. R., Dufferin Co., Ont.
Baked Salmon Loaf.—One can salmon, 1 pint mashed potatoes, 1 cup browned cracker crumbs (bread crumbs will do),