

The Housewife and Her Work

(Special Information Service, United States Department of Agriculture.)

THRIFT IN CLOTHING THE WATCHWORD THIS YEAR



Dainty Garments for Children Are Being Made From Cloth Flour Sacks.

GARMENTS MADE FROM DISCARDS

Material Cut in Expenses Made by Reducing Amount of New Wearables Bought.

CONSERVATION OF CLOTHING

Home Demonstration Agents Busy Showing Women Throughout Country How to Make Use of Cast-Off Garments of All Kinds.

"You must be the son of my old friend Edward Miller," said the man back on a visit in his home town to the small boy he met on the street, "for you have his eyes and his mouth."

"Yes, and his pants, too," piped up Eddie. This winter Eddie Miller won't be alone when it comes to wearing father's cast-off trousers cut down for his diminutive form. All over the country the Eddies and Johnnies are being clad in warm garments made from discarded clothing which of late years has been given or thrown away, and the Susies and Marys display with pride the dress "mother made from her year-before-last skirt." Thrift has become the rule almost overnight. The old saw, "a penny saved is a penny earned," has taken on fresh meaning to many in the past year.

With those whose incomes are a thousand dollars or less economists state 40 to 60 per cent has had to go for food during these war years. Rents have gone up too in many places, so that often the only place where a cut can be made in expenses is in the clothing column. Realizing that there are many who, anxious to save by utilizing old materials, are unable to do so because of lack of knowledge, the home demonstration agents under the extension service of the department of agriculture in connection with the state agricultural colleges have been holding classes in clothing conservation in all parts of the country. This work has evoked marked response from women attending and some remarkable results have been attained.

Fashion Shows Popular Events.

Proud of their efforts and anxious to have their neighbors profit by their experience, the pioneers in this work have put on "fashion shows" where parades are staged in the manner of the big store parades at the opening of clothing seasons. However, the models in these up-to-date fashion shows wear garments remodeled from old material.

The campaign has been especially strong in Iowa and Nebraska. Stores, halls, private homes and libraries have been utilized for the exhibits and as places in which to hold the "clinics." To the "clinics" those who are interested bring garments and leftovers and discuss with the expert in charge the best way of putting them to new uses. In Cerro Gordo county, Iowa, an especially interesting display of garments was held in the Mason City library. One much-admired piece of work was a good-looking dress for a ten-year-old girl made from a three-year-old lightweight suit of her father. The little pleated skirt was pieced eight or nine times but the pleats hid the piecing.

Expert Advice Given.

In Lincoln, Neb., a room in the city hall was donated by the mayor for the use of the home demonstration agent and her assistants in this remodeling work. Here the old garments are brought and expert advice is given their owners on how best to make them over. Some noteworthy accomplishments in saving cloth have been

the uses which have been made of the cloth flour sack. Once used for drying dishes, they now are made into children's dresses, undergarments, aprons, and other garments and attractive articles of wear are the result.

The thrift of the French has always been admired. This national characteristic has been attained in part by their struggle to pay the huge indemnity exacted from them by the Germans after the Franco-Prussian war. America's opportunity now comes to cultivate this same virtue. To help reduce our war debt we must increase our savings by individual sacrifice and economy.

NEW CLOTHES

Invoice your wardrobe carefully and be sure you really need every article you plan to buy.

For the articles to be replaced, choose material in garments which will harmonize with the rest of your wardrobe. It is economical to buy fewer garments at a time and to buy the best material one can afford.

In ready-made garments, choose conservative styles that they may be worn a long time.

Select garments appropriate to the use they are intended for and suitable to your individuality. It is economical to limit the number and variety of colors in your wardrobe.

Standard materials of good grade, such as wool serge, broadcloth, flannel, crepe de chine, gingham, dimity, and percale, are economical because they wear well and are never out of style.

If you have the time and ability, it is economy to make your clothes or part of them.

In buying ready-to-wear undergarments give preference to simplicity in style and good workmanship, because they wear better and are easier to launder. One garment of good material will outlast two cheaper ones; but it may be economy to buy cheaper material for garments worn only occasionally.

Buy after the rush season. Estimate the quantity of material required before buying. Select a garment that will serve two purposes if possible.

Use Apples Freely.

The only fresh fruit many families in the North have during the cold months is the apple. Different ways of utilizing this kitchen standby are sure of a welcome from the cook. The department of agriculture suggests the following ways of serving the apple:

Fresh apples may be stuffed with sausage and then baked; sliced and fried in fat to serve with meats, or served raw in salads.

Canned, dried or stewed apples may be varied greatly by changing the flavors used.

Canned apples make a delicious addition to custards or souffles, adding a piquant flavor.

Canned, dried or fresh, they form an acceptable basis for Brown Betty made with crumbs.

Fresh or canned, the fruit may be utilized in short cakes, and in apple sauce.

One Base, but Many Dishes.

Every housekeeper of experience has formulas for staple dishes which she has fitted to her needs. Just as one recipe for crust may serve for various kinds of pie fillings, or one cake may have different flavors and icings, so one dough may be used for short cakes or dumplings or be steamed for a rocky pudding in combination with any fruit available, or a tutti-frutti combination.

HOME TOWN HELPS

BUILD WITH EYE TO BEAUTY

Duty of All Who Plan Home to Consider Well How Structure Will Appear to Beholder.

The beauty that may be had out of the common things of the earth is well illustrated by the homes that one sometimes sees, a beauty that is all the more emphasized by the contrast in the hideous result of the use of the same common things by others.

You will see in the country places, as you go about, how one man will take the things that are to his hand and build from them a beautiful house. He took the rock and stone, the wood, the sand and the earth that were under his feet. Out of these he framed a roof-tree that is a kindness to the eye.

Another man with the same materials threw them together crudely, making a thing that had to go by the name of a house, but which offends the eye that beholds it. The one house cost no more in either labor or money than the other, yet the results are as different as day and night.

The most striking, as well as the most historic instance of what can be done with the common things of the earth, is furnished by the old Franciscan missions of California. They are architectural gems. Yet all that the padres had for material was what they found at hand and under their feet. They had only Indian labor to call on.

While we are at it we might as well put a touch of beauty to what we do, whether it be that we are building a house or a chicken coop.

HAVE WINTER "WAR GARDEN"

Astonishing Variety of Vegetables May Be Grown in a Few Window and Porch Boxes.

Window boxes and porch boxes that have done an artistic and highly appreciated service for the home now have an opportunity to serve garnishes and salad for the table if only you call them to serve. The sunny kitchen window or space by the attic that is glorified by sun and air will be the very place for boxes planted to lettuce or parsley. Select a quick-growing variety, plant shallow as in cold frames, cover with glass the first two weeks if convenient (they grow nicely without that coating, however), and you will have lettuce very soon. Young onions may be grown in the same way. In England the dandelion is planted in flower pots and window boxes and used all winter as a salad. This was a government recommendation. Fresh vegetables and salads are great disease preventives. A letter from London says: "For those who like bleached salad dandelions grown in the cellars and flower pots are as white and tender as endive and cost nothing at all. People have got to have some sort of fresh food. The scarcity of vegetables and the prohibitive prices kept many people from eating them last winter and children especially suffered. The government doctors say that those mysterious vitamins are to be found in greater abundance in a dish of salad than anywhere else."

Decrease War on Weeds.

For the best example of destroying the enemy, root and branch, we have to turn to Ferndale, says the Detroit News. Weeds, say the authorities in that town, destroy war gardens and give hay fever to war workers. Rain-soaked weeds, overhanging the long cement walks stretching through vacant subdivisions, cause colds and illness among the children and families of war workers. Therefore, Ferndale declared a weedless day, on which these "allies of the kaiser" were struck down.

Director of Town Planning.

With the appointment of M. B. Weeks, director of surveys of the provincial government of Saskatchewan, as director of town planning and rural development, the new town-planning act will be more available, and more attention will be paid in the future to insure that new town sites are laid out from their inception on lines which will lend themselves to modern conditions of town building. An important provision is the prohibition of 25-foot lots either for business or residential purposes.

Chronometer and Longitude.

Longitude baffled all navigators until the chronometer came into use in 1735. The ancients and later navigators, including all the great discoverers, could find their latitude by observations of the sun's height, but they could determine their longitude only by "dead reckoning," or estimating their ship's progress from day to day. This system was uncertain and caused a great many shipwrecks.

A Puzzler.

A man walking along a country road came to a small pond. On a tree at the water's edge was nailed a board bearing the following badly scrawled warning: "Don't Fish Here." The man pondered over it for a moment or two, then resumed his journey with the comment: "Blamed if I know."—Everybody's Magazine.



DIFFERENCES SEEN IN HENS

Individuals of Same Breed Are Not Always Equal in Respect to Meat or Egg Production.

(Prepared by the United States Department of Agriculture.)

Among general-purpose fowls all are not equal in respect to either meat or egg production. The difference is not due to size, or to the shape of birds in like condition, but lies in those things which keep one fowl in good laying condition when another goes out of condition, that enable one to lay continuously through a long period and still keep in good condition, while another loses flesh, becomes poor and thin, and incapable of further egg production—until she has had a rest—after a comparatively short period of laying.

The existence of all these, however, is not enough to insure good laying. There must, of course, be reasonably good management, even if the keeper has not special skill. But if with these qualities which make for continual lay-



Rhode Island Red Hen.

ing, there exists a tendency to put on fat whenever laying is interrupted, only unremitting skillful management to keep a hen in good laying condition will make her a first-class egg producer.

The egg type or laying type of hen, in any breed, is the hen that with the qualities that make for good egg production, has no quality which is an obstacle to continual laying. The meat type is not the converse of the egg type, even though the hen that is not a good layer is fit only for meat.

The meat type, in all kinds of poultry, is the type that grows rapidly and at maturity carries abundant flesh, especially where the preferred parts of the meat are produced. The most desirable meat type is rather fine in bone, with the frame well knit but not too compact. Under any kind of good management a hen of this type that is in normal condition will be a good layer. She may not lay any better than a hen not quite as well fleshed, but she ought to lay just as well, and when the time comes to make meat of her she makes more and better meat, and as a breeder she naturally tends to reproduce offspring that will make more and better meat.

Such hens are in reality of the dual purpose type, no matter what their size or breed. They are equally valuable for eggs and meat. That is the kind of stock that will contribute most to the big increase in poultry that is wanted. It is the dual-purpose type of every breed—a type that exists in every breed, and can easily be made the prevalent type without detriment to any breed, and to the benefit of every breed—that has suffered from neglect.

POULTRY RAISING ON FARMS

Little Capital is Required and Nothing Equals It as Profitable Side Line.

Poultry raising requires very little capital, but there are very few side-lines, if indeed there are any, that are equal to it for profitable production. Much is said of the time it requires for raising young fowls. But do not forget that when they are managed properly the fowls pay liberally for the time required to raise them. Farming is greatly handicapped for lack of cash and when any side-line can be found that requires little money but considerable labor it is attractive. Such is poultry raising on the farm.

FOWLS FOR BREEDING STOCK

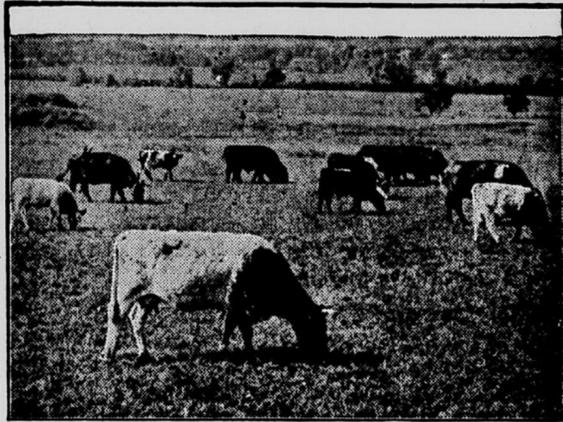
Young Hens With Blunt Toenails Are Not Loafers—Same Applies to Male Birds.

Be sure to look at the toenails of the year-old and two-year-old hens being selected to hold over for next season's breeding stock. The hen that has worn her nails blunt and short has not been a loafer, and if the other well-known signs are in her favor, she is worth a place in the breeding pen. The blunt, short toenails are a good indication on the cock birds as well.

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)

NATION'S PASTURAGE A BILLION-DOLLAR CROP



Cattle Eating From Nature's Table—They Appreciate Good Grazing.

PASTURAGE IS A VALUABLE ASSET

This Fact Is Indicated by Recent Investigation by Bureau of Crop Estimates.

SIZE OF HAY CROP SURPRISE

One Hundred Acres Carry an Average of 29 Cattle, Ranging From 52 in Indiana to 8 in Arizona— Iowa Is Second.

Public surprise is often manifested at the size and value of the hay crop, and now it probably is the turn of the farmer himself to be surprised at the information that the annual value of the pasturage of this country is over \$1,000,000,000. At any rate, this is indicated by a recent investigation by the bureau of crop estimates of the United States department of agriculture. The farm value of the hay crop itself did not reach this figure until 1916.

Pasturage value has never been ascertained by the census and never included in totals of farm-produced wealth, but pasture area was reported on the agriculture schedule of the census of 1910, and was tabulated by the office of farm management of the department of agriculture in 1918. To this information has recently been added an estimate of the cattle-carrying capacity of this area made by the bureau of crop estimates.

Per 100 acres of all kinds of pastures, the carrying capacity is 29.4 cattle in the average for the United States. The leading state is Indiana with 52 cattle, the second is Iowa with 51 cattle, Tennessee is third with 50 cattle, Illinois fourth with 48 cattle, Wisconsin fifth with 47 cattle, Louisiana sixth with 45 cattle, and then follow four states in each of which 100 acres of all kinds of pastures, on the average, can carry 40 cattle—Minnesota, Missouri, Nebraska and Idaho.

At the other extreme, only 8 cattle can be carried on the average 100 acres of pastures in Arizona, 9 cattle in Nevada, 10 cattle in New Mexico, 11 cattle in Wyoming, 12 cattle in New Hampshire, 13 cattle in Montana and Colorado and 14 cattle in Oregon.

Improved Pasture Best Kind.

In the United States improved pasture can carry about twice as many cattle as woodland and other pastures, the average for the improved being 45.6 cattle, for woodland pasture 25.4 cattle, and for other pasture 23.1 cattle. The highest figure for improved pasture in any state is 70 cattle per 100 acres in New Mexico, after which follow Indiana with 65 cattle, Tennessee with 62 cattle, and Illinois, Wisconsin, Iowa, Louisiana and Idaho, each with 60 cattle.

The wild pasture of Arizona can carry but 6 cattle per 100 acres, or 1 animal to 17 acres, and that of Wyoming, Nevada, Montana, New Mexico, Colorado and Oregon can carry but 7 to 10 cattle on 100 acres.

That the aggregate yearly value of the pasturage of the United States should be \$1,000,000,000 and more need not be entirely unexpected when it is known that it is utilized for more than half a year. Improved pasture has an average of 6.9 months, woodland pasture 7.7 months, other pasture 7.7 months, and the average of all kinds is 7.4 months.

Periods When Pastures Are Utilized.

For nearly a whole year, or 11.5 months, the wild lands of Montana are pastured, and this is not equalled even by Florida, Louisiana, Texas, New Mexico and Arizona for any kind of pasture. Florida's period for woodland is 10.8 months, and New Mexico's period for improved pasture is the same. The period for woodland pasture in Texas and for improved pasture in Arizona is 9.8 months; for wild pasture in Texas, 9.6 months; for woodland pasture in Louisiana and Arizona, 9.5 months; in New Mexico, 9.4 months; for wild pasture in Florida and Colo-

rado, 9.2 months; for improved pasture in California, and improved and wild pasture in Louisiana, 9.1 months; and for all kinds of pasture in Rhode Island and wild pasture in Arizona, 9 months. On the other hand, even in northern New England states and in New York, the mountains of Pennsylvania, in Minnesota and North Dakota, and for woodland pasture in Wyoming and Utah the pasturing season lasts hardly less than six months.

COMMUNITY BREEDING

Ten years ago a farmer in northern Wisconsin began to breed Guernseys in a Holstein district. He now has a fine herd and wonders why buyers never come his way. The reason is that when buyers want Guernseys they naturally go to a Guernsey district. As a rule the breeders of purebred cattle already have learned the lesson. The principle is as true of grades as of registered stock, but many owners of grade cattle seem to have overlooked it. Co-operative bull associations encourage the keeping of only one breed on the farms of its members and the establishment of that breed in the community. A reputation is thus established for a community which attracts buyers and which is rarely possible where breeders work individually in marketing their stock.

Sewage Disposal.

Most of the diseases which may be carried by milk are due to contamination of that product by human agency. Typhoid, dysentery, scarlet fever, diphtheria and septic sore throat are of human origin. Typhoid and dysentery are spread originally by contamination by human excreta, the others are spread originally by discharges from the nasal and throat passages, consequently when these diseases are conveyed through milk, it simply means that the milk has had added to it the excreta or discharges from the body of a person sick with one of these diseases or a carrier of one of them. As a go-between, the house fly, which hatches in filth and feeds on the food we eat, is a most dangerous insect enemy. The washing of excreta into water supplies, through the soil or on account of poor well curbing or other surface conditions, is an important means of spreading such diseases as typhoid fever and dysentery. The handling of milk by unclean persons is also a source of danger. The remedy for these conditions is the proper disposal of human excreta so that there can be no danger of such contamination through the agency of flies, water supply, or human beings.

Proper sewage disposal on dairy farms is a protection not only to the consumer of milk but is of special importance in stopping the spread of epidemic disease in the dairyman's own family. A typhoid case in a family will spread to other members of the same family unless great care is taken in properly disposing of the excreta from the patient.

The importance of proper sewage disposal, especially on dairy farms, is being strongly emphasized by the United States department of agriculture and the United States public health service.

They Please the Palate.

Here is what a traveler familiar with guinea-pig meat has written:

"Cavies are excellent as entrees in various stews—with mushrooms, with brown onions, with green peas, a la sauce, and especially a la curry. A practical cook will have no difficulty in varying the preparation, and I will undertake to say that it will be found difficult to make them other than very good meats."

Because of the whiteness of its skin the smooth-haired white (albino) guinea pig is best adapted for the table. The males become somewhat strong flavored with age, but females are said to be finely flavored for a much longer time. They are probably at their best when a year old.