



## What The Packers Do For You

Not very many years ago in the history of the world, the man that lived in America had to hunt for his food, or go without.

Now he sits down at a table and decides what he wants to eat; or his wife calls up the market and has it sent home for him. And what he gets is incomparably better.

Everyone of us has some part in the vast human machine, called society, that makes all this convenience possible.

The packer's part is to prepare meat and get it to every part of the country sweet and fresh—to obtain it from the stock raiser, to dress it, cool it, ship it many miles in special refrigerator cars, keep it cool at distributing points, and get it into the consumer's hands—your hands—through retailers, all within about two weeks.

For this service—so perfect and effective that you are scarcely aware that anything is being done for you—you pay the packers an average profit of only a fraction of a cent a pound above actual cost on every pound of meat you eat.

Swift & Company, U. S. A.



### Women in Banks.

The First National bank of Boston, Mass., had 124 women on April 1. It now has 240. A restroom with kitchenette and everything to make the women comfortable at luncheon hour has been established and tables with writing materials and magazines make it more homelike. The girls have formed a club, called the Firnaban, use letters of each word in the name of the bank, to help the men who have gone from the bank to the front. Most of the banks can show the same increase in women workers.

## Lemon Juice For Freckles

Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quart of the best freckle, sunburn and tan lotion, and complexion whitener, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how freckles, sunburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

The Price Goes Up.  
A penny for your thoughts.  
"Not in war times. The least I could take would be six cents."

Train up a hired girl the way she should go, and it will not be long before she is gone.

## Your Eyes

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, Just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Murine Eye Remedy Co., Chicago.

## RED CROSS DOING ITS BIT AT HOME

Aids in Contentment of Families of Our Soldiers.

PROVIDES RELIEF FOR NEEDY

Human Touch Is Found Necessary in Addition to the Allotments of Pay and Various Allowances From the Government.

(From the Committee on Public Information, Washington, D. C.)

Last Christmas a woman walked into the office of one of the Red Cross home-service stations and laid down \$21.50. It represented the profits of a luncheon served at her home for the benefit of the children of the soldiers of the First Separate battalion.

"It is my bit," she said. "You were all so good to me when I was sick that I wanted to do something for others now that I am able to."

This woman has been one of the first applicants for relief from the home service of the Red Cross. Her husband had volunteered in the army, and, after his enlistment, she had done such heavy work that her health had broken down. She had been ill in bed and had been attended by a doctor who had signed false certificates for her insurance. Finally, in despair, she sent word to the local Red Cross.

The Red Cross home worker came to see her and learned the facts in the case. A better physician was secured, and it was found that she had incipient tuberculosis. She was immediately sent for treatment to a tuberculosis dispensary, where she remained during the summer. Within a few months she had improved so wonderfully that she could hardly be recognized as the same woman.

This was only one of a very large number of cases in which the Red Cross has proved a blessing to the families of our fighting men.

War disturbs the even current of our lives. Few indeed are the families who are not intimately touched by the call which has gone forth to the young men of the nation. Sons, brothers, fathers, and close friends have gone to the training camps, or will soon go. They will leave more gladly if they can be assured that the ones they love are being watched and cared for in every possible way during their absence.

### The Human Touch Needed.

Most soldiers have a friend to whom they can entrust the welfare of the mothers and wives. But many have not. The government does the best it can by providing allotments of pay and allowances for the families of soldiers and sailors. But something more is necessary. The human touch is needed. There are bound to be emergencies which call for ministrations of a special and extraordinary sort; situations calling for wits and resourcefulness. Obviously the best way to deal with such cases is to turn them over to trained social workers, whose skill and experience fit them to deal with these troubles. Hence, the government has done a wise thing in turning over to the home-service workers of the American Red Cross official responsibility for such soldiers' and sailors' families as come into difficulties.

The home-service work of the Red Cross is a logical extension of its mission of mercy. No other organization has so splendid a record in administering relief, and none is better equipped to do what is now required. Its service stations are established in every district of the United States, and it is well prepared to look after the dependents of army and navy men wherever they may be found.

The soldier is apt to worry most over his wife and babies. And this is not to be wondered at, because the predicaments they may fall into are legion. The story which has already been told illustrates one type of danger which may lie in wait for the soldier's wife. The records of the Red Cross are filled with stories of service rendered to the wives and children.

One of the home-service offices received from a young corporal a letter which contained these sentences: "I am so thankful for all you have done for me. I will never know how to thank you. But for the help that you extended to us we would have been in a destitute condition."

### Lost Their Baggage.

The story behind this simple testimony was a pathetic one. The husband had been ordered to Washington from a Western post. On the way all the family baggage had been lost. They recovered only \$25 from the railroad company, and when they finally decided to appeal to the Red Cross the wife was nursing a baby a few days old.

The Red Cross worker found them living in a very poor little house. The oldest child, a boy of nine, was doing all the work for the family. His little sister, eight years old, had absolutely no clothing and was wrapped in a strip of flannel. A caretaker was secured for the mother, and the boy was sent back to school. Then clothing was secured for the little girl. When the mother was able to get up it appeared that she had no clothes which were really fit to wear. When the Red Cross visitor first saw her up and about the house she was wearing one old white woman's shoe and one man's shoe and had on a threadbare

wrapper. A remarkably good outfit was purchased for \$25; a pair of shoes, a coat, a skirt, a hat, two waists, and two corset covers.

After the start, things began to be better. The husband made an allotment of his pay and took out war-risk insurance. As soon as the payments from these sources began to come in the family will no longer be in need of financial assistance. In the meantime the Red Cross worker is keeping in touch with them.

The legal committees of the home service have been especially valuable aids. Not infrequently a soldier's relatives are badly informed on the law and allow themselves to be duped. Occasionally they are not aware of the rights which accrue to them when the man of the family goes into the army. Every sort of snarl and tangle arises, and it usually seems as though the services of a lawyer may be too costly. The legal committees meet this need. All over the country lawyers have generously given their services to this important work.

### Children's Welfare First.

Nothing is more vital than the welfare of the children. One of the home-service directors issued this statement to the workers of the district: "The home service is especially interested in children, and we feel that its most important service is in the conservation of the child and the home for the future. For this reason we stand ready to see that any child does not have to leave school to go to work because its father has either volunteered or has been drafted into the army. We also stand ready to see that no woman with small children has to go to work because her husband or son is serving the country as a soldier or sailor."

A short time ago it was reported to the Red Cross home service station in one of the cities that a little girl of fifteen was about to be taken out of school because her family needed the money she could earn. Irene's father was dead. Her oldest brother, Alex, was contributing \$10 a week to the family treasury, but he was saving to get married, and that was all that he could spare. The second boy, Joseph, had enlisted. The oldest girl, Helen, made \$10 a week, while Harry, sixteen years old and just returned from a runaway jaunt, only earned \$7. There was another little girl, eleven years old, who was still in school.

The Red Cross worker explained to Irene's mother why she felt so strongly that the child ought to have at least a grammar-school education. In June she would be through with the grammar grades, and in the meantime the Red Cross offered to pay Irene's family \$6 a week, which was about all that she could be expected to earn. The arrangement was made, and Irene is still in school, while the mother is gradually paying off her debts. When June comes Irene will graduate, and she will probably be able to earn more than \$6 a week.

It is a splendid thing to help deserving families, but it is still better to put them in a position to help themselves. That is, of course, the ultimate purpose of social work as it is practiced nowadays. One of the large home-service sections was able to carry through a very large job of this sort recently.

The family in question had been public charges for years. The husband and father was a heavy drinker and never displayed the slightest inclination to support his wife and children. The mother was serene and happy-go-lucky and had no other thought than to get the most she could out of the different charity organizations. The house was dirty beyond description and everything was at sixes and sevens.

### Pawned His Wooden Leg.

Douglas, the eldest boy, was in the navy. The second boy, William, was consumed with a desire to enlist, too. He had tried, but had been turned down because of a physical disqualification, and, in rage and disappointment, he had gone off to the West where he wandered for several months. When he finally came home, he, too, settled down to be a charity patient. A third boy, Raymond, seventeen years old, had also taken to tramping, although he had a wooden leg, the souvenir of an accident in the railroad yards when he was a small boy. When absent one of his hikes the tramping gentleman ran out of funds and chose the expedient of pawning his wooden leg. Helen, the oldest girl, had St. Vitus' dance, and there were five younger children, all of them growing up in dirt and ignorance.

By the time the mother applied to the Red Cross for help the family was suffering for want of food. The worker paid a visit to the household and found the conditions as they have been described.

First of all, food was supplied to the family and their most pressing wants were met. Then a court order was secured requiring the father to stay away from his family. He was always drunk, and his laziness and bad temper were the principal causes of the family's shiftlessness.

Then the problem of William was attacked. It developed that his rejection for service in the navy was due to his being underweight. He simply had not had enough to eat nor food of the proper sort. It was arranged that he should go to the Y. M. C. A. cafeteria for his meals, and that he should go to the Y. M. C. A. gymnasium to exercise. In an incredibly short time he was able to pass his physical examination for the navy. His only disappointment was that he could not be taken right away. The Red Cross worker was able to arrange that, too. In view of the special circumstances, the recruiting officer found a place for him immediately.

## Our Part in Feeding the Nation

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

### WAR GARDENS MORE PRODUCTIVE



Hoes and Rakes at Work Producing War Food in a Well-Kept City School Garden.

## FOOD SUPPLY IS MUCH INCREASED

Spread of War Garden Movement Is Reported From Every Section of Country.

### ADDS MUCH TO POCKETBOOK

Examples of Progress of Home, Children's and Community Gardens Indicate They Have Come to Stay—Some of the Advantages.

War gardens as a whole, including home, children's and community gardens, are more numerous and far more productive this year than last, according to the department of agriculture. This is the consensus of opinion of those who have been working on the garden problem, and is based on specific reports of the department's agents, and upon the observations of its specialists throughout the country.

While it is reported that seedmen sold less seed to home gardeners this year than they did last, this does not mean that there are less gardens or smaller plantings. Amateurs learned last year that they bought too much seed. Some of this seed was undoubtedly kept over, and many gardeners saved seed from last year's crop for planting this season. A few gardeners going to work in 1917 with more enthusiasm than experience decided not to plant this year, but a great many more who did not make gardens last year made them this season.

### Estimates Not Reliable.

Estimates of the number of gardens vary, and there are no figures other than conjectures. Department garden specialists say that an estimate of 10,000,000 home gardens is conservative, but admit that this figure represents only a good guess.

Specific examples show how the garden movement has grown. Before the war, according to the garden leader of the District of Columbia, there were not more than 5,000 gardens in the federal district which contains the capital of the country. Now there are 28,000, including school gardens, with a marked increase in 1918 over 1917. Chicago has 483,000 gardens, 140,000 of which are home gardens, 90,000 children's gardens and 238,000 community gardens. Oklahoma City had more than 13,000 gardens last year.

### Gardens on Farms.

It must not be supposed, either, that city man and suburbanite constituted the only classes that needed admonition to start gardens, and the only ones that heeded the admonition. The county agent of Oswego county, New York, maintains that the majority of farmers in his county have not had gardens and that much of the effort toward more and better home gardens should be expended on the farmer rather than on the city man.

In the South last year more than 315,000 new gardens were started through the efforts of farm demonstration agents, and this figure takes no account of many gardens established as an indirect result of the work of the department of agriculture. Of even greater significance has been the great amount of gardening done through the co-operation of industrial enterprises. Many of the great lumber mills and cotton mills of the South have encouraged their employees to have home gardens even to the extent of furnishing the ground and the plowing, and allowing time off with pay for the planting, cultivation and harvesting of the crops. In Bibb county, Alabama, mine companies furnished land, seed and fertilizers. In Calhoun county, the same state, home garden-

ers co-operated with the military authorities at Camp McClellan, Annapolis, in growing food for the camp mess. The city of Mobile has 4,000 war gardens. On many railroads, particularly in the South, the unused portion of the right of way has been given up to gardens made productive by section hands and construction gangs. There has been a decided movement for fall gardens and even for year-round gardens where there is a long growing season and the "fall food acre" of the South has been a direct result of the government's campaign for more home-food production.

### Gardening Come to Stay.

These facts are significant as showing a tendency, and are an index of activities in every state of the Union. The most hopeful aspect of the gardening situation, according to the department officials who are willing to venture an opinion, is the unanimity of their belief that the home and community garden has come to stay, and that those who have undertaken the work as a wartime measure will continue it after victory has been won.

Their opinion is based, they say, upon the advantages which gardeners have found: cheaper vegetables, better quality and greater freshness, zest and healthfulness in gardening as recreative occupation, and the growth of community spirit and action through a common ground of interest.

### HOARD

Plenty of home-canned fruits and vegetables.  
All garden products dried that can't be canned.  
Sugarless homemade fruit juices and sirups.  
Your garden root crop in proper storage.  
Be a patriotic hoarder.

### Better Marketing.

Last year the production of perishables is estimated to have been 50 per cent greater than normal. Notwithstanding the large output, the marketing difficulties were relatively less than in former years because of the effective efforts of the people throughout the country, assisted by federal and state agencies, to conserve these products for future use by canning, preserving, pickling and drying. The department is again actively assisting in the conservation of perishables, as it did last summer, and is able to render more effective assistance with its largely increased staff. More effective assistance also is being rendered in the marketing of perishable products through the greatly extended daily market news service of the bureau of markets and the weekly reports of truck crop production prepared by the bureau of crop estimates.

### Potatoes.

The normal acreage of Irish and sweet potatoes should be maintained in 1918, notwithstanding the large crops of 1917.

This is especially true in view of the necessity of releasing more wheat for export. Potatoes, both Irish and sweet, are the most popular and most generally used of the perishable staple crops. The department, through its extension and publication activities, is encouraging their greater use, especially the use of the Irish potato as a partial substitute for wheat in bread making.

The yield per acre can be made more certain by greater attention to the selection of disease-free potatoes of good varieties, by treatment of seed potatoes immediately before planting, and by the use of sprays to prevent loss from blight.

Those who are to fill the silos this year for the first time should exercise care in determining the ripeness of the crop to be cut for silage.