



### War and the Women

(In an official proclamation, Premier Viviani asked the French women to save the harvest, in these words: "The wheat stands unreaped and the time of the vintage approaches. I appeal to your hardihood and to that of your children, whose age alone, not their courage, withholds them from the fighting line. I ask you to maintain the lives of our fields, to finish this year's harvest and prepare for that of next year. You cannot render a greater service to your country.")

### THE WOMEN SPEAK

Over the farm lands, plowed and sown,

Our men go tramping off to war;  
Who will reap, when the grain is grown?

Why we: We've reaped before!  
Reaped? Why, yes; see, our hands are worn,

Our backs are bent, our faces dull;  
Our men, you see, are bound ere born,  
To keep the armies full.

So, water the stock and till the land;  
Feed the children our men begot;  
Wait for the time-expired band—  
That is the women's lot.

But now the dread we always know  
Has sickened all the land with fear;

The young, the strong, the old must go—  
Ruin and death draws near.

Our lands are stripped of all our men;

The war kings call the conscripts out;

What for? God knows; not we. But then,

Who are we, to doubt?  
Blood will stain all our rivers brown,  
Red flames will leap across the land;

Pillage will waste our thin crops down—

All at the kings' command.

Our driven men, with last caress  
Go tramping off to war. For what?

Their children will be fatherless—  
That is the peasants' lot.

—Gerald B. Breitigam.

### Some Reminders

Here is a picture that may suggest something to you. It is not a rare picture, but one runs across it very often in the outlying rural districts. "If you go to the village almost any day, but especially on Saturday, you will see men sitting about on boxes discussing the merits of some blind mare with a bob-tail, while their wives are hunting around the yard for a few splinters with which to cook a cup of coffee, possibly for themselves, but surely for these men; the sun may shine down on them hotly, and the wagon yard be dusty and dirty smelling; but the loafers enjoy the boxes and watch for the dinner without batting their eyes over the troubles of their wives." What is the matter with having a rest-room for these wives and mothers, where they can cook coffee or tea and warm up their lunch without so much dirty, disagreeable work? Don't you think the town owes them this concession? Don't you think the husbands owe it to them to refuse to trade in a town where there are no provisions made for the comfort of wives who like to be clean and comely when they go to the village to do their trading?

Don't you KNOW it will pay the town to consider the comfort of the farmers' family, even though the farmer himself does not seem to care? Women of the community should get together and demand this recognition of their rights to be decently treated when they bring you their produce. The village wives should recognize this right without being urged. What would they think, if, on going to the country, the farm wife should be satisfied to see them sit out by the roadside, trying to cook their meal, if they went to the farm with the children and lunch basket to buy the produce?

Some villages do recognize this, and many have acted upon the suggestion; but not as many as should do so. What do you think of the picture, brother merchants?

### State Fair School

At the Missouri state fair, held at Sedalia, Mo., there is being carried on a school for boys, the first session of which was held at the fair last year. The attendance was gratifying, and the state board of agriculture is very anxious to make the school a permanent feature of the gathering. Sleeping tents, provided with cots and mattresses, and a lecture tent, also meals served, are features of the innovation. It is to be hoped every county in the state will be represented, and it is hoped to make it of great profit to the growing generation from the farm. One of the great needs of country life is the social gathering where the young and old may become acquainted with each other. In eliminating the harmful features that once were so much in evidence, there should be other and beneficial entertainments provided. The fairs should be schools in the best sense, where one may profit by being thrown with the best.

### That Rest Room

What have you done about it? Have you one established in your business center? Have your business men realized the need of this comfort for the mothers and daughters who come to trade with them?

Every farm wife and mother will tell you that such a rest room would be a blessing to them when they come to the town, bringing the children and young people with them, as many of them are compelled to do, or stay at home. Aside from the rest in the cool room with plenty of water for the thirsty little ones, and a cup of coffee or tea for the mothers, the social features are important. Neighbor will meet neighbor, and the young people can get acquainted, and many a life will be brightened by the hour of social intercourse where neighbor can hear of neighbor, and the community spirit be fostered. Let us know about the rest room. What are you doing about it?

### Looking to the Water Supply

Health officers tell us that the typhoid fever season is from August to October generally, though, of course, cases may occur at any time, and one should be careful about the water supply. Many cases which develop in individuals after return from a vacation in the country are credited to the water supply of such localities, as country people are not as careful of their wells, springs, and even cisterns as they should be. Many cisterns, after the long summer drouth and

dust, are very foul, and need cleaning out before the fall rains set in. Dust, dirt from the roadways, insects, debris carried by the wind, droppings from birds on the roofs, are all organic matter which will wash down into the cistern. Wells are frequently contaminated through the soil drains, and springs are also frequently poisoned by washes and drains from higher grounds—not always of the cleanest—and the water from barnyards, outhouses, e.c., may filter unobserved through the earth for quite a distance. Guard the drinking water carefully to prevent sickness. Get the cistern in good shape for the winter.

### Odds and Ends

Where furniture needs only a good rubbing, first wash off lightly with a soft cloth, castile soap and warm water, then rinse in clear water and dry; do the work quickly. Mix equal parts of linseed oil, turpentine and vinegar, shake well, then rub the furniture with a very little of this on a cloth, finishing with a good, hard rubbing with a bit of old silk. The effect should be as good as a varnish, if the rubbing is well done.

If your cellar is damp and bad smelling, put several lumps of fresh lime in boxes or pans and set about in the damp places; this will dry and sweeten, and is very cheap.

### With Our Readers

The complaint is so general in regard to shortage in fruits and vegetables, and now the extreme price of sugar, that one hardly knows whether to give the usual seasonable pickle, preserving or jellying recipes. But where there is canning to be done, or vegetables and fruits to can, much can be done without sugar, and the preserving and jellying done later on, when sugar comes down to the normal again. The product may not be so good, but it can be done.

Where there are nuts of any kind, those living in the vicinity should get their share; but it can only be done by getting to work and forestalling the active little four-footed harvesters. The latter part of October is full time for gathering, as, if one waits for the frost to loosen their hold, or burst their burs, the harvest will be on for the little woods folks. Many nuts should be gathered early and spread in a dry, airy place to dry in their burs or hulls. If you have some particularly fine specimens, plant them before they dry, this fall, and they will be ready to grow next spring.

Don't neglect to provide yourself with the bonfire basket in which to throw and burn all manner of trash, especially waste paper, that would otherwise blow about the grounds and perhaps cause bad fires. Get a piece of poultry or fence-wire netting about five feet long and four feet high; roll into a hollow cylinder, catching the ends together; have another piece to lay over the top, and into this cylinder put all your paper, light trash, and anything you want to burn, and it will be held until consumed. One never can be too careful of fire in any form. In burning refuse from the hens' nests this is excellent, and whole colonies of insects can thus be destroyed.

### Substitutes for Meat

Now that meats have gone in price so very high that one approaches the subject with fear and trembling,

many women are seeking something to take its place; but there is no food now that is cheap, except relatively or comparatively. Many recipes are offered for dishes that will answer, so far as health is concerned, but the ingredients are usually about as expensive as the meat, and often not half so digestible. Nuts, eggs, milk, are all on the "high" list, and with a large percentage of the people are not digestible, producing much derangement of the digestive organs, eruptions of the skin, and in some cases are supposed to cause worms in children. Besides, inexperienced housewives find it very hard to make these dishes so they will be palatable. In many of these recipes, much is made of the legumes, such as beans, peas, lentils. While these, when cooked with a small piece of meat to flavor, are very much liked for themselves by most people, it is a distressing fact that many people cannot eat them because of the "bad effect" they have on their health and comfort. We have lived on meats so long—thousands of generations,—that it will take some generations of abstainers to "get the habit" of doing without, with any satisfaction.

### Sensible Advice, IF—

One of our correspondents advises that "every family should have a fish pond, a poultry yard, a cow or two, a few pigs, a few sheep, and keep the calves to fatten for beef. In this way, the gateway to general good living will be opened, and a good living insured." This correspondent lives "far from the maddening crowd," undoubtedly, and where the stock can be pastured and feed grown. But what of the millions who never see the fields, who live in "rooms" or flats, with never a smell of clover fields or cow pastures; who know nothing of fish except as they are offered on blocks of ice in the shops, and who never have heard the bleat of calf or sheep, crow of rooster, or cackle of hen?

### For the Cook Lady

In cooking vegetables, too much salt toughens the fibres and spoils

### SICK DOCTOR

#### Proper Food Put Him Right.

The food experience of a physician in his own case when worn and weak from sickness and when needing nourishment the worst way is valuable:

"An attack of grip, so severe it came near making an end of me, left my stomach in such condition I could not retain any ordinary food. I knew of course that I must have food nourishment or I could never recover.

"I began to take four teaspoonfuls of Grape-Nuts and cream three times a day and for 2 weeks this was almost my only food. It tasted so delicious that I enjoyed it immensely and my stomach handled it perfectly from the first mouthful. It was so nourishing I was quickly built back to normal health and strength.

"Grape-Nuts is of great value as food to sustain life during serious attacks in which the stomach is so deranged it cannot digest and assimilate other foods.

"I am convinced that were Grape-Nuts more widely used by physicians, it would save many lives that are otherwise lost from lack of nourishment." Name given by Postum Co., Battle Creek, Mich.

The most perfect food in the world. Trial of Grape-Nuts and cream 10 days proves. "There's a Reason."

Look in pkgs. for the little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.