

Our Women and Children

Conducted by
Lucille Skaggs Edwards

SAVING THE MEAT

Many modifications of our diet are becoming increasingly necessary with every day that passes. We heard a woman remark, "We don't have to save meat any more, for we have no meatless days." This was a grave mistake. Just now more stress is being laid upon the saving of wheat, and though we have been allowed less restriction on meat, still there is great need of saving it.

In America, where people eat more meat, proportionately, than they do elsewhere, there has been for some years a growing shortage in meat. This shortage is due to restricted pasturage and the drift of population toward the cities, and has been greatly increased by the war.

Meats have always been the staple food of fighting men, for they not only furnish the required energy but are compact and may be easily transported. Till the end of the war beef, fresh and corned; hams, bacon and shoulders of pork must be sent in such large quantities to the fighting line and to the men in camp that the supply at home will be scarce and high priced. Dairy herds we cannot sacrifice, for children must have milk.

It is plain, then, that we must continue to eat less meat and different kinds of meat. This will work to our physical advantage, for most of us eat far too much meat. Meat once a day is always ample. Dr. Wiley and his family keep in best of health having meat once a week.

Cuts of meat not of use for the army are heart, liver, kidney, tripe; of pork the tenderloin, the head and feet. With a little study one may turn these parts into many tempting dishes.

The use of eggs, beans, peas, cheese and game will help preserve the meat supply. Fish is the great natural substitute for meats and is still low in price, for the public is not using it as much as it should nor as much as it shall. Such fish as is found in local streams is always cheaper and better. Fish is wholesome, palatable and cheap; these are great inducements for its use.

Some have their war pigs; one has suggested the war lamb; we dare to offer the war fishpond. It would cost nothing to keep the fish and some boys might be found who would rather stock fishponds than hoe in the gardens. L. S. E.

HOW TO STUDY

(The following suggestions from the Handbook of the Washington Irving High School for Girls, New York City may prove of service for the spring drive on final exams.—L. S. E.)

Concentration. Put your whole mind on what you are doing. Concentration is the finest time-saver and the best road to learning that has ever been discovered.

Where. Study in the quietest room with the best light you can get. Daylight is much better than artificial light. If you must study in the evening, let the light shine on your page over your left shoulder. Be sure your study room is well ventilated.

How. Have your tools ready. It wastes time to run around for paper, pen, pencils or books after you have started work.

When. Study when you are rested. Wait a little while after meals. If you attend recitations in the morning you can probably study best between 3 and 5 p. m. between 4 and 6 in the afternoon. The next best time is between 7 and 9 p. m. the evening. You are usually wasting time when you study after 11 o'clock.

WILLIE LANGFORD FINED FOR STALLING IN OHIO

Toledo, O., April 23.—Willie Langford, Buffalo colored pugilist, was fined \$100 and barred from further participation in Ohio rings at a special meeting of the Toledo boxing commission today. Langford was found guilty of stalling in his twelve-round bout with Jack Blackburn of Philadelphia here last night, in which he was outpointed in every round.

The commission gave Blackburn credit for vainly trying to make Langford fight.

SCHOOL OFFERED FOR TECHNICAL TRAINING

College Station, Texas.—President Bizzell of the Texas A. & M. College has tendered the government the use of the Prairie View Normal at Prairie View for the training of Negro soldiers along various technical lines. It is expected the courses to be taught at Prairie View will include shop work, cooking and baking. This work will not interfere with the summer or regular session at Prairie View.

A SOLDIER'S PLEA FOR THE LOAN.

I'm wondering as I sit here in the trench's slime and mud, A-listening to the bullets with their whistle and their thud; I'm wondering how the stay-at-homes would feel if they were here; I wonder what they're doing that will bring the soldiers cheer.

Are they sitting home of evenings, feeling snug around the fire, Jangling money in their pockets; every comfort they desire? Like as not they're talking war talk, wishing that the strife would cease, But I wonder what they're doing that will help to bring on peace.

Of course the shops must flourish, and of course the crops must grow, For it takes a lot of eats to keep the army on the go. But the thing that's got me guessing is just how the profit's spent—Are they banking every dollar—are they hoarding every cent?

I'm told that my America is asking for a loan; That they're selling U. S. Bonds, the safest thing a man can own. I'm telling you they're slackers back at home if they don't buy, And a slacker is a traitor in the U. S. soldier's eye.

The dollars that are loafing over home should go to work— The government that made them didn't mean to let them shirk. For if the Hun should win here and go over 'cross the pond, Every Yankee would regret the day he didn't buy a bond.

—A Soldier in France.

RED-WINGED BLACKBIRD

(Agelaius phoeniceus)



Length, about nine and one-half inches.

Range: Breeds in Mexico and North America south of the barren grounds, winters in southern half of United States and south to Costa Rica.

Habits and economic status: The prairies of the upper Mississippi valley, with their numerous sloughs and ponds, furnish ideal nesting places for redwings, and consequently this region has become the great breeding ground for the species. These prairies pour forth the vast flocks that play havoc with grain fields. East of the Appalachian range, marshes on the shores of lakes, rivers, and estuaries are the only available breeding sites and, as these are comparatively few and small, the species is much less abundant than in the West. Redwings are eminently gregarious, living in flocks and breeding in communities. The food of the redwing consists of 27 per cent animal matter and 73 per cent vegetable. Insects constitute practically one-fourth of the food. Beetles (largely weevils, a most harmful group) amount to 10 per cent. Grasshoppers are eaten in every month and amount to about 5 per cent. Caterpillars (among them the injurious army worm) are eaten at all seasons and aggregate 6 per cent. Ants, wasps, bugs, flies, dragonflies, and spiders also are eaten. The vegetable food consists of seeds, including grain, of which oats is the favorite, and some small fruits. When in large flocks this bird is capable of doing great harm to grain.

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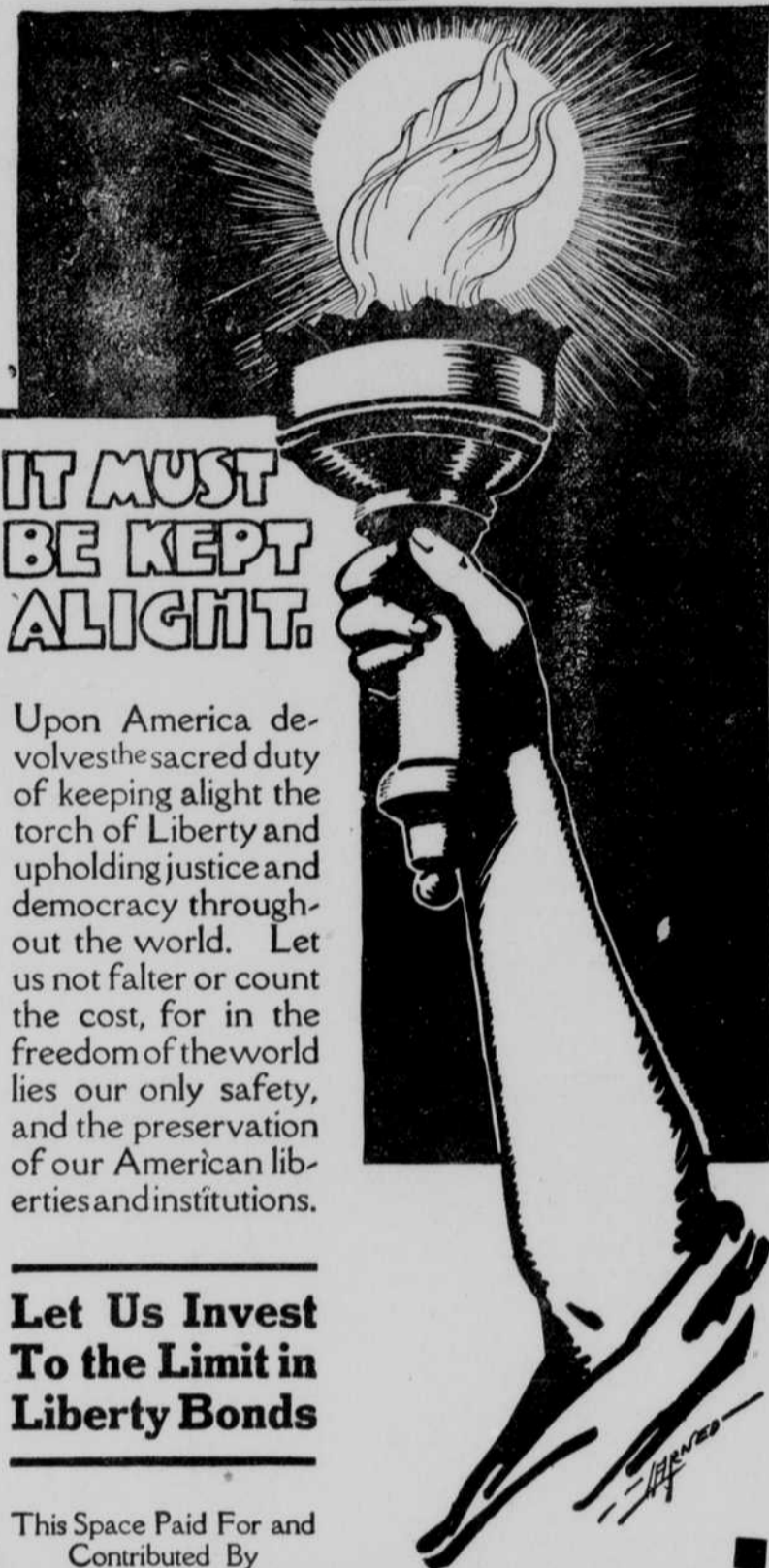
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