

Our Women and Children

Conducted by
Lucille Skaggs Edwards

Really we are living in a wonderful time. The whole world is in a state of evolution, reform. There has been practically a world-wide victory for prohibition; woman's suffrage is coming into its own; and important indeed to all mothers is the vigorous fight against vice.

When we pause for a moment in the conflict and take an inventory of past and present conditions, we cannot but realize, if we be fair and thoughtful observers, that really tremendous strides have been made in the crusade against vice in all of its forms, especially in our large cities, where it has its biggest strongholds.

Recently, in our own and other large cities, the Board of Health has enacted a law isolating men and women affected with social diseases. This should affect the health and happiness of generations to come.

Red light districts are being abolished in all cities. It is true that, as a result of this action, houses of evil are being run in respectable neighborhoods, but are not respectable neighborhoods better equipped to resist and prevent the inroads of vice than the poor and submerged quarters that have long been victimized by entrenched systems of vice, police protected and officially maintained?

Moral committees have found the social evil to be systematized business.

The reason, more than anything else, that girls go wrong is that some one (not the girls themselves) has a money interest in their going wrong. Hence, attacks are being made upon this vice in its commercial phase.

The pulpit and the home have long fought against vice, and now that the press, the city, the state and the national government have all become allies, victory at last is in sight.

War has formally been declared, the forces of reform have actually been mobilized, and several actions have already been fought. The powers of vice are being steadily pressed backward and put more and more on the defensive. Indeed, we may say that organized vice is on the run!—L. S. E.

THE REQUISITES

There has recently appeared a book, written by the dean of women in one of our colleges, that deals with the opportunities open to the college-trained woman and with the necessary mental, physical and temperamental equipment for different kinds of work. Perhaps nothing in it is more striking than the steadiness with which it dwells upon the danger of relying too much upon talents. "That most unfortunate young person with the many talents," "There is nothing in the world so common as talent"—over and over again the warning is sounded.

What, then, are the fundamental requisites of a true success—the things that are in no danger of tripping a person up, the things that

count everywhere and always for victory?

In the first place, good health. Next to character itself that is the best and should be the first investment for every girl.

Second and together, courage and common sense. No enduring success ever can be gained without those two.

And finally and always, willingness to work patiently at difficult and un-congenial tasks.

There are many other qualities that are desirable—that may, indeed, be necessary for certain occupations; but the girl who has character, health, courage, common sense and industry can be sure that the world needs her, that there are large opportunities open to her, and that she can go confidently on toward the kind of success that makes life really worth while.—Youth's Companion.

MUSIC

Growth of Musical Interest and Intelligence in America.

BY FLORENTINE F. PINKSTON.

For years musical art in America made its way with great difficulty and against prejudice. It is of record that many Puritans believed Christians should not sing at all. Gradually collections of sacred music were introduced and the worship of song became common. It was not, however, until 1770 that a Congregational church allowed an organ to be used in its services, and it is interesting to note that even as late as 1790 when a Boston church of that denomination had ordered an organ from London a parishioner offered to reimburse the church and give alms to the poor if he might be permitted to hurl the offending contrivance into the depths of Boston harbor.

How great an advance has been made in musical taste may be seen from the fact that this very Boston is now the home of what is probably the world's finest orchestra. A distinguished citizen has dedicated to it a considerable part of his fortune, and a special hall, one of the "show places" of the town, has been built to accommodate its audiences. All this in a little more than a century.

Today in America a greater outlay is made for music than in any other country of the world—willingly, if not always wisely. Operatic performances are being given in cities that never knew them before. Towns of second or third rank in population are starting symphony orchestras. The study of music is made a feature in public schools. Our universities have opened departments for instruction in it. Music in the churches has vastly improved. It is to be hoped that many young Americans will realize in these strenuous times that learning to sing or play does not necessarily mean a public career. This country is full of music and music lovers. One reason that so many people study music is because of the general interest in that art. Nothing seems to give so much pleasure, either in the home circle or in social entertainments, as music.

Finally, remember that it takes character and enthusiasm to brave through work to success, without faltering and weakening or breaking down under the demands of the tre-

mendous strain. Enthusiasm has done wonders for the growth of musical interest and intelligence in America. Time steals flower by flower from the crown of life. Time gives riper judgment and a greater stock of knowledge. But when time begins to rob us of our enthusiasm we begin to fail as artists and musicians. American audiences have an enthusiasm that goes far to compensate for actual musical learning and they appreciate and enjoy the very best.

THE FIVE FOOD GROUPS

1. Vegetables or fruits.
2. Milk, or cheese, or eggs, or fish, or meat, or beans.
3. Cereal: Corn, rice, oats, rye, or wheat.
4. Sirup or sugar.
5. Fat: Such as drippings, oleo-margarine, oil, butter.

Choose something from each of these five groups every day.

More One-dish Meals.
There are some recipes for dishes of this kind in other United States Food Leaflets.

"Instead of Meat" (Leaflet No. 8) tells what foods are good to use when you don't buy meat, and how to make some meatless one-dish meals.

"Make a Little Meat Go a Long Way" (Leaflet No. 5) will help you to cut down your meat bills. The savory stews and meat pies show how you can give your family a good one-dish meal by using a little meat in various combinations.

You can make up other recipes for yourself by combining foods from most of the five groups. Pass them on to your neighbor.

Potted Hominy and Beef.

Hominy is excellent to use as part of a one-dish dinner, if you have a fire in your stove so that you can cook it for a long time, or use a fireless cooker. Heat 1½ quarts of water to boiling; add 1 teaspoon of salt and 2 cups of hominy which has been soaked overnight. Cook in a double boiler for four hours or in the fireless cooker overnight. This makes 5 cups. This recipe may be increased and enough cooked in different ways for several meals. Hominy is excellent combined with dried, canned, or fresh fish, or meat and vegetable leftovers may be used. Here is one combination.

- 5 cups cooked hominy.
- 4 potatoes.
- 2 cups carrots.
- 1 teaspoon salt.
- ¼ pound dried beef.
- 2 cups milk.
- 2 tablespoons fat.
- 2 tablespoons flour.

Melt the fat, stir in the flour, add the cold milk, and mix well. Cook until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish, and bake for one hour.

These dishes supply all five kinds of food. Each is enough for the whole dinner of a family of five. Eat them with bread and with fruit or jam for dessert. Then you will have all the five kinds of food your body needs.

Fish Chowder

Rabbit, fowl, or any meat may be used instead of fish, or tomatoes instead of milk. Carrots may be omitted.

- 1½ pounds fish (fresh, salt, or canned).
- 9 potatoes, peeled and cut in small pieces.
- 1 onion, sliced.
- 2 cups carrots cut in pieces.
- ¼ pounds salt pork.
- 3 cups milk.
- Pepper.
- 3 tablespoons flour.

Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoons of flour with one-half cup of the cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot. You can omit salt pork and use a tablespoon of other fat.

Dried Peas With Rice and Tomatoes.

- 1½ cups rice.
 - 2 cups dried peas.
 - 6 onions.
 - 1 tablespoon salt.
 - ¼ teaspoon pepper.
 - 2 cups tomato (fresh or canned).
- Soak peas over night in two quarts of water. Cook until tender in water in which they soaked. Add rice, onions, tomato, and seasonings and cook 20 minutes.

In California they are trying to save the life of one of the most famous trees in the world—not a giant redwood, but a fruit tree that has stood in a Los Angeles grove since 1873, after coming from Brazil by way of the horticultural gardens in Washington. The tree bore the first navel oranges ever raised in the United States, and is the parent tree of groves that bore \$67,000,000 worth last year.

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