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United States Department of Agriculture,
OFFICE OF THE SECRETARY.

Report No. 104.

[Compiled in the Office of Information, G. W. Wharton, Chief.]

DOMESTIC NEEDS OF FARM WOMEN.

EXTRACTS FROM LETTERS RECEIVED FROM FARM WOMEN IN RESPONSE TO AN INQUIRY "HOW THE U. S. DEPARTMENT OF AGRICULTURE CAN BETTER MEET THE NEEDS OF FARM HOUSEWIVES," WITH SPECIAL REFERENCE TO THE PROVISION OF INSTRUCTION AND PRACTICAL DEMONSTRATIONS IN HOME ECONOMICS UNDER THE ACT OF MAY 8, 1914, PROVIDING FOR COOPERATIVE AGRICULTURAL EXTENSION WORK, ETC.



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CONTENTS.

	Page.
Introduction.....	3
The farm plant.....	8
House and farm planning.....	8
Gardening, landscaping, etc.....	15
Equipment and labor-saving devices.....	22
Power and machinery.....	30
Water supply.....	34
Heating and lighting.....	43
Sanitation and ventilation.....	44
Home economics.....	49
Domestic science.....	50
Household economy.....	52
Clothing, sewing, fashions, etc.....	54
Instruction as to hygiene, protection against contagious diseases, care of the sick, first aid, medical school inspection, and the use of ordinary remedies.....	56
Food.....	65
Cooking, cook books, food and drug laws.....	65
Canning and preserving.....	71
Dairying and poultry.....	72
Pests and diseases.....	75
Appendices:	
A. General suggestions for development by farm women.....	79
B. How farm women may get help under the Smith-Lever Extension Act.....	89
C. List of free publications of the United States Department of Agriculture of interest to farm women.....	90
D. The Government bookstore.....	95
E. Publications on school and home education and the care of children ..	97
F. List of publications of the United States Public Health Service.....	98
G. Department of Labor's service for placing field and domestic labor on farms.....	99

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INTRODUCTION.

The Secretary of Agriculture, on October 1, 1913, addressed a letter to the housewives of 55,000 crop correspondents asking them to suggest ways in which the United States Department of Agriculture could render more direct service to the farm women of the United States. This inquiry was prompted by the following extract from a letter addressed to the Secretary by Mr. Clarence Poe, Raleigh, N. C., under date of July 9, 1913:

Have some bulletins for the farmer's wife, as well as for the farmer himself. The farm woman has been the most neglected factor in the rural problem, and she has been especially neglected by the National Department of Agriculture. Of course, a few such bulletins are printed, but not enough.

Although the department had issued many bulletins and publications designed to give farm women practical aid in household operations, and to assist them in poultry raising, butter making, gardening, and other farm activities commonly discharged by women, Mr. Poe's suggestion seemed to merit careful investigation.¹

Moreover, at the time that Mr. Poe wrote, the Smith-Lever Act, providing for cooperative agricultural extension work, was under discussion by the Congress, with prospects of an early passage. This act as drafted, and since passed, provided for "the giving of instruction and practical demonstrations in agriculture and home economics." This, it was seen, would call on this department to cooperate with the States in furnishing a new type of instruction specifically designed to aid farm women in their important tasks of homemaking and domestic manufacturing. For this reason it seemed especially important to seek information as to the things in which the rural women most needed cooperative assistance.²

This report is offered, therefore, with the belief that it contains suggestions well worthy of governmental consideration and also in the hope that it may prove suggestive and helpful to the State agencies that will have the carrying out of the Smith-Lever Act. That act, starting this year with a grant of \$10,000 of Federal moneys to each State, by increasing annual appropriations makes available in 1922 and thereafter a sum of \$4,580,000 of Federal funds for use in the extension fields. The States must duplicate with their funds all but \$480,000 of each annual Federal appropriation, so that after 1921, if the States elect to receive their full quota, the sum of \$3,680,000 will be spent each year in practical on-the-farm education. In the first nine fiscal years a total of \$41,920,000 should be directed to this purpose.³

¹ See Appendices A, C, D, E, and F for lists of publications of interest to women.

² Yearbook, Department of Agriculture, 1913, pp. 143-162, "What the Department of Agriculture is doing for housekeepers."

³ See Appendix B for statement as to how women may obtain help under this act.

The sum from this total to be expended for helping the rural woman necessarily will be large and, if it is to be most profitably expended, must supply those elements which are now lacking in our present systems of instruction. The following report at least shows many things which in the mind of the country woman herself are now left undone.

It was felt that if the farm women had been neglected, they themselves were best qualified to determine wherein this neglect lay and to make suggestions as to ways and means whereby the department could render to them, in fuller measure, the direct help to which the importance of their work in agricultural production entitles them.

The most promising limited list of farm women seemed to be the housewives of the department's 55,000 volunteer crop correspondents. These crop correspondents commonly are among the most progressive farmers in their communities, and it was reasonable to suppose that the women of their families would be fully qualified to discuss their own needs and the fields in which the department could serve other farm women in their communities.

The Secretary, therefore, determined to send to these women a general letter which would not formulate any definite questions, but rather would encourage them to discuss freely and in their own way any matters in which they believed the department might improve its service to rural women, or undertake new activities in their behalf. A general letter of this character, it was believed, would secure more valuable replies than would a questionnaire blank, which would tend to bring "yes" and "no" answers rather than a free discussion of the general subject. It was realized that before any effective series of questions could be framed it would be necessary to get the views and opinions of many farm women as to what questions should be asked.

Sending the letter was delayed until October 1, in order to have it arrive after the pressure of harvest work, and the recipients were given until November 15 to reply, in order that they might have time to consider the matter at their leisure and to consult with individual women neighbors and local women's organizations. This many of those addressed did, with the result that their letters in many cases represent the community rather than the individual viewpoint.

The following is the text of the Secretary's letter:

DEPARTMENT OF AGRICULTURE,
OFFICE OF THE SECRETARY,
Washington, D. C., October 1, 1913.

TO HOUSEWIVES IN THE HOMES OF THE OFFICIAL CROP CORRESPONDENTS.

LADIES: The Department of Agriculture is in receipt of a letter in which the writer said:

"The farm woman has been the most neglected factor in the rural problem and she has been especially neglected by the National Department of Agriculture."

This letter was written not by a woman, but by a broad-minded man so thoroughly in touch with the agricultural and domestic needs of the country that his opinions have great weight.

The Department of Agriculture certainly wishes to render directly to the women of the United States the full aid and service which their important place in agricultural production warrants.

Because we believe that these women themselves are best fitted to tell the department how it can improve its service for them, I respectfully request that

you give careful thought to this matter. Then please communicate your ideas to me in the inclosed franked envelope.

Your answers may state your own personal views, or, even better, you may first discuss the question with your women neighbors, or in your church societies or women's organizations, and submit an answer representing the combined opinions of the women of your entire community. You are, of course, at liberty to criticize freely, but I would especially urge that you try to make your suggestions constructive ones that we can at once put into effect. All of your suggestions will be carefully read and considered by Government specialists. Many of them will be carried out at once; others as soon as the information sought can be gathered and the necessary machinery for its distribution made ready. Such suggestions as call for revision of existing laws or additional legislation will be referred to the proper committees of the Senate and the House of Representatives.

Answers to this inquiry should reach me not later than November 15, 1913. All answers should be written on only one side of the paper and should be as concise as it is possible to make them.

In order to serve the women of the country, the department from time to time will insert in the weekly issue of the News Letter to Official Crop Correspondents special paragraphs or special supplement pages of direct interest to women.

Respectfully,

D. F. HOUSTON, *Secretary.*

The replies began to arrive from the Eastern States during the second week in October, though the bulk of the answers reached Washington after November 1. Straggling replies came in up to Christmas, and in these were included a number of letters from farm women and other women who formerly lived on the farm, but are residing in cities, who had not been directly addressed, but who had learned of the inquiry from the public prints. In all 2,241 replies were received, and of these, 216 were either acknowledgments, statements that the writer could make no suggestions, or irrelevant replies that had no bearing on the general subject. The number of women directly represented, however, is much larger than the tally of the letters would indicate, as many writers transmitted opinions of their neighbors or of women's clubs, granges, or church organizations. The letters received were in all forms—carefully typewritten statements, notes scribbled on the back or margin of the Secretary's letter, or painstakingly written on scraps of wrapping paper. Not a few wrote on the margin of the Secretary's letter that no blank for answer had been inclosed, and this in connection with the makeshift note paper of others seems to indicate that on some farms, at least, the ordinary conveniences for correspondence are regarded as luxuries.

In a number of cases the letters were signed by men who wrote either on their own initiative or recorded their wives' views. The pleasant feature of the replies from men was that the vast majority of them seemed to recognize that the women on the farms do not always receive their full due, and that improvements are needed to free them from unnecessary drudgery and to make their lives happier, less lonely, and more endurable. Letters from men expressing selfish or narrow views of the rural woman's place, or resenting the department's endeavor to serve them, were entirely exceptional. Wherever the writer is a man that fact is indicated in connection with any excerpts from the letters which appear on subsequent pages. Extracts not so marked are from letters written by women.

All letters containing definite suggestions, criticisms, or statements of conditions calling for improvement were carefully read. The matters discussed were then grouped under 100 heads, and each

sentence or paragraph in each letter bearing on a special head was copied and collated under that heading. In this way a single sentence containing an idea, even though buried in a long and otherwise irrelevant letter, was noted and given its full weight in compiling and classifying suggestions.

Because of the interesting human note found in many of the letters, the editors determined to let the writers tell their own story by publishing verbatim extracts from many of the letters, rather than attempting to make a statistical summary of their contents.

Inasmuch as the geographical section and the State from which the suggestions come have an important bearing on the inquiry, the collators arbitrarily divided the United States into fairly equal quarters and arranged the replies by States in the northeast, southeast, northwest, and southwest fourths of the United States.

Many of the writers asked that their letters be treated confidentially, and for this reason all are published anonymously, with the omission in certain cases of specific allusions which would make possible the identification of the writer.

The only other editing that has been done has been to eliminate extracts from letters where several writers from the same State made the same recommendations in nearly identical language, without advancing additional reasons or new ideas, and to exclude suggestions in matters entirely beyond the province of this department.

The extracts from these letters published hereafter are to be taken merely as expressing the views of the various writers and their neighbors. Their publication in no way implies that the Department of Agriculture indorses their views or suggestions or is responsible for their statements of local conditions. Many of the letters clearly are discussions or descriptions of conditions peculiar to special farms or neighborhoods, rather than applicable throughout the State or district.

In the study of the replies, it quickly became apparent that many women were wholly unaware of publications of the department or the activities of its different bureaus dealing with the very points recommended for consideration. For this reason lists of the department's publications of interest to women, and of other bulletins dealing with subjects discussed by the writers, have been published as appendices. For similar reasons, publications of other Federal departments having a bearing on the problems discussed by the women have been indicated in footnotes or in lists in the appendices.¹ These lists do not include many publications of interest to women and dealing with their work issued by the different State agricultural colleges, many of which stand ready to supply women of their own States with valuable publications and to answer their questions bearing on rural life and home industry.

¹The United States Bureau of Education, Washington, D. C., will supply publications and information to rural women interested in improving the schools of their communities. The Home Education Division of this bureau provides special plans and outlines for the organization and work of women's study clubs and for parents' and children's reading circles. The Children's Bureau issues publications and will give advice on the care and rearing of children. The Office of Indian Affairs has published a number of bulletins on household activities. The Public Health Service has made available a number of publications dealing with health, preventive medicine, and rural sanitation. The Reclamation Service maintains an office designed to cooperate with women on the reclamation projects. The National Red Cross will give information as to rural nursing and allied subjects. (See Appendices A, C, E, and F.)

In addition the manuscript of the report was submitted to the heads of all bureaus in this department, with the request that they indicate in footnotes or in the appendices available publications meeting the requests for information or supply concise statements of projects or work under way in the fields in which the various writers seek assistance. The different bureaus also have been requested to consider carefully the suggestions of the women, and, where feasible, to develop projects for meeting such of these requests as fall within the province of the department and which it would seem advantageous for the department to investigate or meet.

Advance copies of the report similarly will be referred to the chairmen of the various legislative committees of the Congress for such action as they deem the suggestions which require legislation merit.

SCOPE OF THE REPORTS.

The present report deals only with letters which discuss the domestic needs of farm women. Under these headings are included references to the farm plant, house and farm planning, labor-saving devices, water supply, heating systems, home economics, hygiene, food, and other important factors in domestic life in the country. An earlier report has dealt with the social and labor needs of farm women, and future reports will deal with their educational and economic needs.

THE FARM PLANT.

HOUSE AND FARM PLANNING.

Farm architecture is discussed from the standpoint of domestic convenience in a number of letters, chiefly from the Middle West and New England.¹ The possibilities for greater comfort in more careful planning of farmhouses are not realized, it is said, by the men who decide these questions, and the department is asked, therefore, to send out bulletins and leaflets which will serve to bring this need to their attention. The arrangement of the kitchen is one of the chief points discussed. Much labor, it is asserted, could be saved the farm woman by giving to this the attention it deserves. Screened porches are also an improvement that many desire. Many, too, speak of the advantages of a house of few rooms properly arranged over a larger structure put together without forethought. The department, it is said, can help in this direction by sending out plans for the construction of model farmhouses that will be cheap, convenient, and attractive. One correspondent points out that while it is true that many farmers can afford to pay for such plans themselves they will not do so because they are not convinced of their value. The only way to convince them is to let them see the plans; let them see just how much can be done for a moderate outlay.

Convenience and economy are naturally the chief qualities desired, but there is also an evident demand for attractiveness. Advice on interior decoration is asked for specifically in several letters, and it is evident that assistance in this direction will be welcomed almost as eagerly as in more distinctly utilitarian matters.²

NORTHEASTERN QUARTER.

MAINE.

A man: "After interviewing a number of farmers' wives in the vicinity—mostly through the granges—a large per cent of them said: 'You have the nearest to a model farm home that I know of; so you had better give a good description of your own home as a desirable home for the average farm wife.'"

VERMONT.

"Several wished information on how to make an old-fashioned kitchen into one where steps could be saved and the work done more efficiently."

¹ The department has assigned a number of architects and structural engineers to develop plans for more convenient farmhouses and other farm buildings and to work out ideas for a profitable arrangement of the various units of the farm plant. In addition, sanitary engineers have long been working on systems of water supply and sewage disposal which will improve the sanitation of the farm. These specialists are endeavoring to combine beauty, economy, and utility in their suggestions.

² Farmers' Bulletin 185: "Beautifying the Home Grounds." Farmers' Bulletin 195: "Annual Flowering Plants." Farmers' Bulletin 270: "Modern Conveniences for the Farm Home." Farmers' Bulletin 474: "Use of Paint on the Farm." Farmers' Bulletin 494: "Lawns and Lawn Soils." Farmers' Bulletin 607: "The Farm Kitchen as a Work Shop." * Farmers' Bulletin 317: "Improving the Convenience and Comfort of the Farm Home." Price 5 cents. * Farmers' Bulletin 342: "A Model Kitchen." Price 5 cents. Department Bulletin 57: "Water Supply, Plumbing, and Sewage Disposal for Country Homes." Farmers' Bulletin 609: "Bird Houses and How to Build Them." Yearbook Separate 504: "Plants Useful to Attract Birds and Protect Fruit." * Yearbook Separate 518: "Comforts and Conveniences in Farmers' Homes." Price, 5 cents.

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CONNECTICUT.

A man: "To help them to be more contented and therefore more human I would suggest the setting of windbreaks on most exposed sides of the homesteads;¹ stripping the dwelling house, outside, putting on two or three thicknesses of a good sheathing paper, then replacing old covering. This may not all be done in one year, but as it is most convenient. This with double windows in the winter will make a more comfortable and warmer house."

NEW YORK.

"The average farm house is a model of inconvenience, and there is seldom any time or, at the present prices of lumber and material, money to remedy all this."

"Make and circulate plans for inexpensive but convenient and practicable country houses, giving details of arrangement of kitchen and pantry."

"It might be well if you would print separate leaflets on the various subjects women are interested in, like 'Planning Homes.'"

"Farmers' wives are interested in information on manual labor, such as butter making, the arrangement of a dairy room, not with all modern machinery but what any farmer could furnish his wife with. We would be interested in how old-fashioned houses could be arranged to be convenient; ones with large kitchens, pantries on one side and range 8 or 10 feet away on opposite wall."

"The country houses are ill-planned, with very few modern conveniences. The men don't care how hard the women work to do their tasks if only they themselves are provided with food regularly and their own comfort is looked after. The fact that women are forced to go, pump, and carry water from the well, that they work in dark, poorly lighted rooms, that they mop hardwood floors, take millions of needless steps a year to accomplish their work because of the way the house is planned, that they spend hours upon hours a year cleaning dirty kerosene lamps and lanterns that give no light after they are cleaned, that their whole house is infested with flies in summer because porches are not screened—all these facts and many more unpleasant conditions matter not to the men."²

"Separate leaflets on the various subjects women are interested in, like 'House Decoration.'"

NEW JERSEY.

A man: "Have simple plans and descriptions for kitchens prepared, and send these bulletins and other useful information to secretaries of subordinate granges and farmers' clubs."

PENNSYLVANIA.

A man: "The kitchen. The arrangement of closets and cupboards, etc., so as to save steps. These should be made of simple material and simple in construction so that anyone who can handle a saw and hammer could construct."

OHIO.

A man: "The publication of two small volumes, one for the farm management, the other for the mother of the home. Our idea is a handy compact reference book for the essential and necessary things on the successful farm. Among others, a 5 to 10-room farm home. The best and up-to-date division of space, with the modern improvements, comfortably built, the best ventilation and sanitation."³

"The second need, after the above conditions are relieved (by having machinery and conveniences to lighten the work) is that the women should be taught how to use the leisure thus gained; how to make their homes artistic, sanitary, and homelike, without expensive outlay of money. The Department of Agriculture of New York State has sent out some very helpful bulletins along these lines, which of course are available only to residents of New York State. A wider circulation of these I think would be beneficial."

¹ Forest Service Bulletin 86: "Windbreaks: Influence and Value." Price, 30 cents.

² Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 540: "The Stable Fly." * Department Bulletin 118: "Experiments in the Destruction of Fly Larvae." Price, 10 cents. See also Appendix A, "Health and Community Sanitation," and Appendix F, Public Health Service publications, for publications on screening, etc.

³ Farmers' Bulletin 463: "The Sanitary Privy." Department Bulletin 57: "Water Supply, Plumbing, and Sewage Disposal for Country Homes."

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INDIANA.

"Plans for neat, cheap farm cottages and home buildings would be a great aid."

"A bulletin on low and medium-priced model farmhouses with all modern conveniences would prove a boon to many a prospective builder and his patient helper."

A man: "I don't know how many kitchens I have seen, both on farms and in town. The interiors are none of them conveniently arranged. There is entirely too much walking required to do a little work. The location of the water supply and fuel supply are each subject to the same criticism. They, in too many instances, are located by accident and not with any idea of convenience or saving strength. The rest of the farmhouse is frequently stuck together with the same lack of planning for convenience in accomplishing the farm woman's work with the least necessary expense of energy. If you can plan a farmhouse so that the work in all parts of the house can be done with the fewest possible number of steps and the least possible effort, and if you can locate the water and fuel supply conveniently, you will be doing the farm woman a great favor. Having done all the above, the hard part of the work is yet to be done. Information is worthless unless placed where it is needed. This information must be placed where it can be used by those who build the farmhouses."

"The houses that were built 15 or more years ago on the farms are inconvenient, many of them, which of course makes the work of the house harder. But this question as well as the question of recreation and pleasant surroundings for the farm home can be settled by the farm women when they can get enough out of their labors to have conveniences and labor-saving devices. So the great question seems to be, 'How can the farm woman get labor-saving machinery or devices so she may be able to do the work required of her on the farm?' By bringing bigger profits to the farmer or making machinery cheaper, or by cooperation among farmers."

A man: "The majority of women in this country have nice large houses to live in, but in building them little thought is given to conveniences."

"I would suggest that your department can help the rural housewives by gathering and publishing information in regard to the planning, heating, ventilating, and locating of our farm homes. So many of them seem so bare and cheerless that it seems to me that if the home surroundings were improved the women and children would be happier and there would be less tendency on the part of our young people to go to the cities."

ILLINOIS.

"My greatest work is carrying wood and cobs to the kitchen range and removing the ashes. Why don't people who burn wood and cobs build these rooms closer to the cook stove?"

A man: "In this locality it is almost impossible to get help in the house on a farm. There must be some reason. I can see first that in 19 out of 20 homes no one has ever given the kitchen, the most important place, a minute's thought as for convenience. The man usually builds the house. The kitchen is an afterthought. My idea is to make the kitchen and laundry the best-equipped part of the house, with every convenience that one's ability will permit. When the home is equipped with every convenience and up-to-date modern conveniences, as the men have on our farms, then the woman's work will cease to be drudgery."

"Interior decoration of the home."

"I admit there are some of the old-time houses which it seems to-day were built more to be unhandy than to be handy, although the builders doubtless did the best they knew, but most of these are being improved and made modern. Many women could improve their homes if they stopped to plan them. A plan for a handy kitchen sent out by your department might be helpful to some."

MICHIGAN.

"The farm homes are usually planned with a total absence of the needs and conveniences to save labor. Many big farmhouses, with their cupolas and fancy exterior adornment, which have caused much swelling of pride to the owners, have a most inadequate arrangement of the living quarters. The usual farm home utilizes the kitchen door as the main entrance. Every one goes to the kitchen door. Sometimes it is approached through the woodshed, but more often direct from the back step, which makes it easy for the flies to enter in summer, and very cold in winter. The

pump and sink are in the kitchen, and it is there that the men wash and comb their hair, sometimes within 3 or 4 feet of the stove or table where the food is. Often the family eat in the kitchen and the family washing is done in the kitchen. There the dirty clothes are shaken out and the steam penetrates everything in the room. In summer much of this is taken out of doors. Flies are an abomination in the country, partly because the houses are so poorly planned, and the necessity of going outdoors so often allows the entrance of flies.¹ Farmers should build their houses with more conveniences about their kitchens. Decency and cleanliness demand a small room where the dirty and sweaty men can wash and comb."

A man: "It might be well to make it compulsory in some cases to have basements under houses made rodent proof, as these are a great annoyance to women on the farm. Several speak in protesting tones of the delinquency in building a house without providing a convenient water supply."²

"Let us give more attention to the beautification of the interior and exterior of the farm home."

WISCONSIN.

"There is a need for house plans which give at least as much attention to convenience and comfort as to artistic appearances. These house plans should not all be for houses costing from \$3,000 to \$5,000, but for small houses for the tenant or small landowner, and should show him how to have many conveniences for little outlay. Encourage the building of a complete, convenient 4-room house rather than a great barn-like 12-room house without so much as a kitchen sink."

"It isn't labor-saving machines the farm woman wants nearly so much as warm, good-roofed houses with more rooms, sufficient light, easy-working pump in the well, good rain barrel, a garden fence that will keep out pigs and hens; above all, a woodshed with dry wood."

A man: "We have here conditions of the worst character and some exceptionally good. Our opinion is that the conditions are due to the small range of vision in the arrangement of work and the fact that the home in which a woman must do her work is the most neglected part of the farm. We find that even where farmers; well to do and progressive, build new homes, the arrangement is very inconvenient, and there are no provisions made to make housework easier."

MINNESOTA.

"There is much that the department might do. I would like to see houses treated as you have begun on barns, silos, and so on, giving plans and approximate costs. So few farmhouses are conveniently arranged; so few women know of arrangements that would help in the work."

"I would suggest that you give them advice as to decorating the interior of their homes, such as tinting, papering, or painting the walls, floors, etc. Also as to the kind of furniture to buy that will be neat and durable. The average farmer's wife can not have more than \$25 a year, and many of them much less, to spend on their homes. They seldom visit cities to get new ideas, and can not make the best use of the little money they have to spend. Nearly all of the printed advice on furnishing houses is too expensive for the farmers."

"Issue a bulletin, or a series of bulletins, to show the most practical and best arrangement of the farmhouse and surroundings with a view to facilitate and simplify the work of the farmer's wife in the laundry, the kitchen, the pantry, and the cellar."

IOWA.

"Would suggest a bulletin on the decoration of the home from an artistic standpoint, in which the type of picture for the different rooms is suggested. This might not prove as popular as the other two bulletins I have suggested (on food and laund-

¹ Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 540: "The Stable Fly." * Department Bulletin 113: "Experiments in the Destruction of Fly Larvae." Price, 10 cents. See also Appendix A: "Health and Community Sanitation," and Appendix F, Public Health Service publications, for publications on screening, etc.

² Farmers' Bulletin 463: "The Sanitary Privy." Department Bulletin 57: "Water Supply, Plumbing, and Sewage Disposal for Country Homes." Farmers' Bulletin 369: "How to Destroy Rats." The Biological Survey will supply information as to the eradication of animal pests.

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ing), but to me it is equally as important. How often one sees a large, cheap picture in a house, purchased for its bright color. Then there are the floor and wall coverings and the convenient arrangement of the furnishings to produce the best effect on the eye."

MISSOURI.

"Teach our men the importance of building up homes. We get so weary of the rough board shacks and the endless toil and failure in keeping them clean. The women of the cities have much better homes on less means than we of the country."

A man: "To make their lot easier and their life brighter, if I were asked to suggest some measure of relief, I would say, give them some idea about building homes with conveniences and with an idea of beauty. Every woman loves a pretty home. I think the Government could well afford to furnish to them plans for building pretty homes instead of their following the established rule of their neighborhood, building just boxes with a few partitions.¹ If the Government would get up about 50 plans of houses of four to six rooms, suited to farmers, and publish them in book form to be loaned to responsible parties, and let each plan have a printed direction as to location, interior and exterior decoration (if possible have a color scheme printed), arrangement of barns and outhouses, installation of appliances to lighten the work of the woman, it would be a paying investment for the Government. The question then comes up, 'Are not these people amply able to buy and pay for such plans?' Yes; the men are able, but not trained to such ideas."

SOUTHEASTERN QUARTER.²

GEORGIA.

"Women plod along in the same way, doing things as they were done years ago, and the kitchen and pantry show this more than any other place on the farm. The stove sits in one corner, the water bucket in another, the kitchen table in one, and the salt in the other. And the number of miles a woman races around the kitchen and dining room would leave a professional hiker far behind in a journey. But few women design a house. Most of them are not even consulted, and the building goes up to give a pleasing outward appearance or to suit the pocketbook. The shelves are often too high and narrow; the kitchen without a porch, and the steps out of proportion. Until farming folks can see and know things differently work will go on the same. I think the quickest and most effective way to help the women of Georgia would be through the means of a demonstration train."

FLORIDA.

"Isn't there some way to teach farmers how to build houses that are good in design as well as cheap, and not like every other house in the country around? Also good combinations of color for houses, barns, and outbuildings? Would it not be well to show some plans for the arrangement of rooms in farmhouses, arrangement to be made according to labor-saving devices, sanitary care of milk, butter, etc., ideas for arrangement of kitchens, pantries, etc.? In building their homes this would mean a great deal of help to women."

"It would be a splendid help to the average country woman if the Department of Agriculture would issue suggestions for home decoration, arrangement of furniture, pictures, colors for interior decoration that harmonize, and the style of furniture to use. There is so much cheap, worthless furniture on the market that it might be well to take up the matter of how country women would be able to recognize good articles."

WEST VIRGINIA.

"By issuing information telling how to decorate the lawn and home."

KENTUCKY.

"A demonstration cottage appeals to me more than a car, because it would remain in one place longer, and in view of this fact surrounding citizens would derive more benefits. The cottage plan could be instructive even in its construction as well as the arrangement of each room in an ideal manner. Instead of a large, rambling house,

¹ See notes at the beginning of this section.

² Women interested in promoting diversified agriculture in the South will find the publications listed in Appendix A, "Promotion of Diversified Farming in the South," of interest.

let there be as few rooms as possible. Emphasize the economy of rooms that we may have conveniences of inside arrangement. Four or five large rooms well lighted and cheaply furnished, and broad porches, all constructed in a plain, economical manner, with a view of being taken down and rebuilt, may prove too expensive a plan to follow. The next best plan would be for the department to ascertain the cost of and plan for a cottage of above size containing water, furnace, and illuminating equipment, and send out bulletins to farm women. This would be very helpful, although reading is not like seeing."

TENNESSEE.

"We should have more attractive dwellings and outbuildings, and the yards and orchards better looked after."

NORTHWESTERN QUARTER.

NORTH DAKOTA.

"Then why not have the farm so well rid of trash, buildings painted inside and out,¹ especially our houses, that our homes would entice us to stay by them and not make us feel like leaving? Too many women are living in shacks helping men to support a large family that hardly have sleeping room for the children. Dakota is all right, if we are only fixed for the climate, or weather, in the way of buildings for man and beast."

"Inside home decoration in regard to color schemes, arrangement of furniture, the kinds of 'finishes' for floors, etc."

NEBRASKA.

A man: "How to beautify a poor house at small expense. Prizes might be offered for the best plans for this."

KANSAS.

"Circulate model building plans of practical worth, containing as many of the conveniences the town housewife enjoys, or such substitutions as are necessary, as possible. A tank on posts to catch the rainfall from a portion of the roof, which can be tapped by a faucet through the kitchen wall, with a drain pipe to carry the waste water to the hog trough or to a distant ditch, will save many steps.

"Lots of windows letting in lots of light, and full-length mirrors so we may see ourselves as others see us, will cause a woman to straighten up and fix up, and it might help the men to see the mud on their boots and their unshaved chins. A screen porch in summer to sleep on will increase the health and good feeling of the whole family."

"Can you not help us get houses, especially kitchens, built for their purpose? Any kind of a room is christened kitchen; it may be inconvenient to fuel and water, without shelves, closets, drains, ice, or dumb waiter. It may be entered from an inclosed unscreened back porch, the dumping ground of milking clothes, extra old coats, shoes, rubbers, the gathering weekly wash, the kerosene can rubbing noses with the separator, besides being the house of refuge for cats and dogs in times of trouble. This buzzing ground at the left of the open end of the porch is where slops are thrown. It smells. The farmhouse is the place of a thousand other smells from the week's accumulations in horse, calf, and cow stables and the hogpens. Every smell means hatching flies; every unscreened back porch means shelter and safety in summer and winter quarters for our alert enemy, the house fly—the mysterious Providence which brings malaria, typhoid, infantile paralysis, and tuberculosis into the homes of the cleanest women in the world. Every woman is entitled to a proper kitchen, a water and sewage system, and a heating system to make her whole house habitable."²

A man: "This is merely to suggest more general use of something which many already use. It is suggested to those farmers who do not have modern houses and improvements, but are 'getting along' with the old house until new buildings can be built. It is a suggestion for this latitude, where such an improvement is used for nine months out of the year with pleasure to the 'women folks,' and the balance of

¹ Farmers' Bulletin 474: "Use of Paint on the Farm."

² Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 540: "The Stable Fly." *Department Bulletin 118: "Experiments in the Destruction of Fly Larvae." Price, 10 cents. Department Bulletin 57: "Water Supply, Plumbing, and Sewage Disposal for Country Homes." See also Appendix A, "Home and Community Sanitation," and Appendix F, Publications of the Public Health Service.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

the year as a great convenience and labor saver. The suggestion relates to building, adjoining that old, small farmhouse, a big screened-in porch, built so that at least three of its sides are open to the air, and so much of the fourth side as possible. The farmer can in many cases build it himself. The cost is about \$50 for a building 12 by 16 feet, with a good matched-flooring floor. The building should be joined to the old house just enough to cover the door from the old kitchen, the rest of the porch should be out 'in the free.' The studding are 2 by 4 inches set 24 inches apart; the building is 10 feet high in front and 8 feet in the back, giving 2 feet of slope for the roof. The lower 3 feet all around is covered with weatherboarding, then a space 3 feet wide left open, then the top space up to the roof weatherboarded again. The open space, which goes clear around the building, is covered with ordinary screen wire, nailed on the studding, which stand every 2 feet. One outside door is left. If weatherboarding is too expensive, use boxing, and batten the cracks. A stovepipe with roof ventilator will do for the cookstove. With tight, matched floor and tight siding, it is rat proof,¹ and such a floor can be easily cleaned. In the hot season the family will about live in this room. The woman does all her cooking, washing, and ironing there, and she has a cool shade under which to work, and the benefit of all the breeze the man gets out of doors. This is the first room entered by the men folks when coming into the house from work. All the loose dirt from shoes and boots is not carried into the house. The old work things are left here. The water buckets, wood box, washbasin, and a hundred things which clutter up the house and make the woman trouble are left out here—the house is clean. If possible, build the building over the cistern, if it is so located that it can be done, and the cistern pump will be handy for the woman. In this 'outdoor' room the woman has all the advantages of the man as to fresh air, and has better shade. The small room in the old house is not heated up by the cooking, washing, and ironing, but is kept cool and dark. There is plenty of room for a table to eat from, and the dinner is a regular outdoor picnic. If desired, long boards can be made into a 'drop' door, hinged at the top, and on stormy days in winter dropped down over the open, screened-in part; a door can be hung in place of the summer screen door, and the room is even then fairly comfortable. Or sash can be had cheaply to set in between the studding. These can be set in, in the winter season, giving broad daylight all around, and yet warm as is necessary to do work in. The winter day's supply of wood can be kept here, and the dirt from outdoors doesn't get into the house proper. The above suggestion, when followed out, will prove a 'godsend' to the women folks, and even the men will declare they could not live without it. And it is cheap. When you build that new house, this will come in handy for one of the many outbuildings you will need, because when you do build the new house you are going to enlarge upon this suggestion and have a real outdoor place for the women to do their work, without having to stand the terrific heat of the cook stove in hot weather."

WYOMING.

"Can you tell us how to arrange our houses so that the needful work can be done to best advantage? The department has offered some plans for silos, pigpens, and other farm buildings. The woman needs a kitchen plan that will enable her to get a meal without walking a mile, and clear it away without traveling two of them."²

"An ice-house plan, including a dark room for hanging beef, mutton, etc., with a tiny cutting-up room in front of it, would, if filled each winter, solve the farm problem of fresh meat, well-kept eggs, cream, vegetables, etc. A plan for a model separator room or dairy room, in which to handle the milk, cream, and butter with best up-to-date methods, written up by some woman who does it herself—not by a man—would be a good number for your series of bulletins. A chicken plan for 300 or 400 chickens, turkeys, etc., such as every farm woman would like to run, with her other work, if she had it built conveniently so she could do her part of the work without waste of time, and cheerfully instead of grudgingly because she felt that the plant was built to save her work, not just to get it done in a hurry, would be a very helpful bulletin.² Why could you not inaugurate a series of farmers' wives' bulletins, which should begin with helpful improvements in and about the house and their work there, and including as separate bulletins the ideas I have advanced here, and the others you will get, and on each bulletin, at the front or back, list all of the others. I probably have not advanced any new ideas. But you see it isn't new ideas that are needed. It's to get the farm men to be willing to take time to utilize the familiar ones for us that is necessary."

¹ Farmers' Bulletin 369: "How to Destroy Rats."

² Farmers' Bulletin 574: "Poultry House Construction." Farmers' Bulletin 475: "Ice Houses." Farmers' Bulletin 623: "Ice Houses and the Use of Ice on the Dairy Farm." The department has in preparation a publication giving plans for dairy buildings.

IDAHO.

"Farmers give more or less study to the architecture of barns, granaries, stables, drainage, water supply—in short, to all farm mechanics except that of the woman's workshop, the kitchen. The kitchen, too often, is large and roomy, has few, if any, conveniences, is ill arranged. The farmer's wife wears her life out in a weary tramp about an inconvenient kitchen cooking for the men who have their barns conveniently arranged."

NEVADA.

"My only suggestion is that the farmers be taught that in building houses they eliminate the one or two steps they usually have between kitchen and dining room, or kitchen and cellar, as I think those one or two steps that a woman goes up and down innumerable times a day sap her vitality and strength and are a menace to her health."

GARDENING, LANDSCAPING, ETC.

The desire for a more attractive home is evidently strong and widespread. In addition to seeds, bulletins and books on the most attractive ways to lay out grounds are requested by many. Premiums and prizes are suggested, also, as a means of stimulating interest in this subject. The feeling is general that the attractiveness of one's surroundings is of more importance than the practical farmer is inclined to consider it, and that the Government might therefore take steps to remedy the consequent neglect.

NORTHEASTERN QUARTER.

NEW HAMPSHIRE.

"Pamphlets on the study of birds and animals or plant life—nature studies—that they may open the eyes of the farm women to the intensely interesting life and beauty of the country which 'God made,' and then the city which 'man made' will seem less attractive."¹

VERMONT.

"We are accustomed to receive three or four packages each year of free seeds from Congressmen. Each package contains generally two or three packets each of lettuce and radish seeds and other common varieties of common vegetable seeds. I would like, in place of them, some dasheens, with directions for their culture. Great claims are made for the dasheens. I have read of their successful culture in Ohio, North Carolina, and Florida."

CONNECTICUT.

"The department should assist in promoting the advancement of the farm home, both within and without (and especially the latter), by means of flowering plants and decorative shrubs. The home yard of the usual farm is too often devoid of any adornment, an unworthy place to say the least. Why should not the department direct the supply to the farm wife, through Congressmen or otherwise, of shrubs, seeds, or cuttings? This is already done for the farmer, to whom such supplies for field and garden are furnished broadcast; and the above suggestion would simply involve an extension of the work. Bulletins might be prepared showing the best disposition to be made of certain plants and shrubs, and in a general way helping to make the farm home more attractive and satisfying."

¹ Farmers' Bulletin 185: "Beautifying the Home Grounds." Farmers' Bulletin 195: "Annual Flowering Plants." Farmers' Bulletin 494: "Lawns and Lawn Soils." Farmers' Bulletin 54: "Some Common Birds." Farmers' Bulletin 456: "Our Grosbeaks and Their Value to Agriculture." Farmers' Bulletin 497: "Some Common Game, Aquatic, and Rapacious Birds in Relation to Man." Farmers' Bulletin 506: "Food of Some Well-Known Birds of Forest, Farm, and Garden." Farmers' Bulletin 609: "Bird Houses and How to Build Them." Farmers' Bulletin 630: "Some Common Birds Useful to the Farmer." *Forest Service Bulletin 86: "Windbreaks: Their Influence and Value." Price, 30 cents. Yearbook Separate 622: "Practical Tree Surgery." *Forest Service Circular 138: "Suggestions to Woodlot Owners in the Ohio Valley Region." Price, 5 cents. Farmers' Bulletin 583: "The Common Mole of Eastern United States." Farmers' Bulletin 621: "How to Attract Birds in Northeastern United States." Yearbook Separate 504: "Plants Useful to Attract Birds and Protect Fruit." Farmers' Bulletin 157: "The Propagation of Plants." Many publications on the subjects on which the writers desire information are listed in Appendices A and C.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

NEW YORK.

A man: "I have conversed with farm women and they, or the majority of them, say to help most of them along would be to teach and advise them to do finer gardening or house gardening for their own use. The most of these market gardeners raise a special crop for market, and do not take time or trouble to have a vegetable garden for themselves wherein they should raise all they use at their own tables all the season around, and not be dependent on the vegetable and fruit peddler, who buys a wagon load at the very market where the husband disposes of his own produce. They should also be taught how to beautify their homes, have a flower garden around their houses and vegetable ground near to it, outside of the flower garden,¹ so that the housewife has these useful articles near at hand."

"Another idea was that some flower seeds and bulbs would be much appreciated by the women as well as the garden seeds which are distributed free every spring."

"I think it would be a good plan for the Government to furnish free garden seed to children from 8 to 15 years old to have a garden of their own, the Government also to provide some funds to have premiums offered at the different fairs on vegetables raised by the children."

"There is a need of information that can be depended on concerning our home surroundings—lawns, shrubs, vines, etc."

"There seems to be general ignorance of the fact that fruits and vegetables can be canned without addition of sugar, vinegar, etc., and consequently inadequate quantities are preserved; fruits mostly by the heavy-sirup method.² Also the fact of bacterial action in vegetables, and the need for repeated boiling before canning seem to be quite unknown."

PENNSYLVANIA.

"We would be very glad for any information that you can give us concerning the growing and care of vegetables."²

"Many farmers' wives know little or nothing about seeding and planting time and give little thought to forestry. In my judgment we need to teach these subjects to our children and cut out some of the frills. I hope your department will send seedlings or slips of trees to public school children. We know of many cases in both town and country where the scholars were successful, and it creates much interest in nature."

A man: "My request is to have the women have all the information they can get in agriculture and horticulture. Horticulture they naturally would be interested in. The farmer's wife, as a rule, raises all kinds of vegetables and truck, flowers, etc., and also spends more time to read and educate herself on both subjects than men do. They also, as a rule, take all produce to market and sell it, and in a few years they will discover that it pays them to follow the information and advice they will receive through the monthly reports. The insects are so numerous and so many different kinds, whatever information they get to destroy these pests would certainly be appreciated, and if one woman knew how to destroy the insects, the rest will soon find out.³ As a rule, they are very generous in helping each other along—more so than the men are."

¹ Farmers' Bulletin 154: "The Home Fruit Garden: Preparation and Care." Farmers' Bulletin 255: "Home Vegetable Garden."

² Farmers' Bulletin 203: "Canned Fruits, Preserves, and Jellies." Farmers' Bulletin 359: "Canning Vegetables in the Home." Farmers' Bulletin 255: "Home Vegetable Garden."

³ The Bureau of Entomology, in addition to its other work, investigates insects affecting vegetables and truck crops and ornamental plants and submits for publication reports dealing with them. Those of most general interest thus far published are the following: Farmers' Bulletin 127: "Important Insecticides." Farmers' Bulletin 543: "Common White Grubs." Farmers' Bulletin 557: "The Potato-Tuber Moth." Department Bulletin 5: "The Southern Corn Rootworm, or Budworm." Department Bulletin 8: "The Western Corn Rootworm." Entomology Circular 11: "The Rose-Chafer." *Entomology Circular 2: "The Strawberry Weevil." Price, 5 cents. *Entomology Circular 31: "The Striped Cucumber Beetle." Price, 5 cents. *Entomology Circular 38: "The Squash-Vine Borer." Price, 5 cents. *Entomology Circular 39: "The Common Squash Bug." Price, 5 cents. *Entomology Circular 45, "The Pea Aphid." Price, 5 cents. Entomology Circular 60: "The Imported Cabbage Worm." *Entomology Circular 62: "The Cabbage Hairworm." Price, 5 cents. Entomology Circular 63: "Root-Maggots and How to Control Them." Entomology Circular 80: "The Melon Aphid." Entomology Circular 87: "The Colorado Potato Beetle." *Entomology Circular 102: "The Asparagus Beetles." Price, 5 cents. Entomology Circular 103: "The Harlequin Cabbage Bug." Entomology Circular 104: "The Common Red Spider." *Entomology Circular 105: "The Rose Slugs." Price, 5 cents. *Entomology Circular 135: "The Asparagus Miner." Price, 5 cents. *Entomology Circular 145: "The Larger Canna Leaf-Roller." Price, 5 cents.

The Bureau of Entomology will be glad to enter into correspondence with those troubled by insects in their vegetable and flower gardens. Letters should, when possible, be accompanied by specimens of the insects and their food plants, placed in a small wooden box, securely packed, and plainly labeled with the name and address of the sender.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

OHIO.

"As a rule, we women need more cooperation in planting trees and utilizing the roadsides for fruit and shade trees. Our men folks do not give the help we crave in planting and cultivating home strawberry patches. Same of raspberry, currant, and gooseberry bushes. Time was when the family garden yielded quantities of these commodities for large families. Our foremothers toted the little trees of cherry, plum, and pear and planted them along the garden fence and filled every available space with some berry bush, pieplant, and herbs."

"We think an appropriation could be made for beautifying public school grounds and churchyards—either fruit or ornamental trees."

"Your Bureau of Plant Industry can render a great service by telling the women how best to grow the various vegetables and how to best prepare and serve them."

INDIANA.

"We suggest you furnish the seeds for vegetable garden that are best adapted to the soil and climate of the place where the person lives, giving instructions in their planting and culture and also in preparing them for food."

ILLINOIS.

"I think it would be a good thing for your department to get some bulletins for the children on making the farm home beautiful—very plain and simple ones—and send to the children seeds and bulbs with careful directions for care and cultivation. In this way you would bring a source of interest and pleasure to all members of the family, and a new love for the outdoor life, which by many is so little appreciated."

"I would suggest that the department send to farm women the garden seed, instead of sending to the men, especially all new varieties in vegetables and flowers. We are always interested in the best vegetables and the most beautiful flowers of our own United States of America. All farmers' wives delight in having a good garden, beautiful flowers, and a nice home. The men are more interested in corn, wheat, oats, rye, hay, etc., and will give a new variety a thorough test. The department should send the men who send the monthly report of crops all the new cereals, that they may be tested in different parts of the United States, and send the women the garden seed—tried and untried—the bulbs and flower seed, roses, and anything that will help to make home beautiful.

"While the mothers, wives, and daughters are longing for some extra garden vegetables, a few flowers and plants, a paper, or a book, the head of the house can not afford to spend the money for these things."

MICHIGAN.

"Beautify the home by shrubbery planting (landscape gardening)."

"Information as to the winter care of tender bulbs and how to store them."¹

"The surroundings of the average farm home are far from being an inspiration to the farmer's wife, who after her first futile struggles is apt to give up and endure an untidy outlook from her doors. If, as farmers declare, they can not afford to have the lawn mowed, they can at least afford a large horse lawn mower that other members of the family could perhaps use in making the yards trim and tidy. If the farm bureau could in any way create in the mind of the farmers the same amount of interest that they have created in the vegetable garden, it would greatly add to the value of the farm and the enjoyment of its occupants."

"I believe we would appreciate having bulbs and shrubbery and perennial flower seeds sent out to the women, instead of garden seed, for the farmer has to have them, but most of the farmers care little for the things that are only for looks. I have enough myself, and find many chances to supply others here, but I believe many homes are barren of such things because the women can not get them."

"Very few farms around here have any small fruit growing on them, and a large proportion have not even an apple orchard. The lawns are unkept and barren look-

¹ Farmers' Bulletin 195: "Annual Flowering Plants." Farmers' Bulletin 185: "Beautifying the Home Grounds." B. P. I. 1122: "Distribution of Tulip and Narcissus Bulbs in 1914." See also notes at the beginning of this section and Appendices A and C.

ing and no ornamental shrubbery or flowers are planted. No one has time for such things, least of all the women of the house. This does not apply to my own home, but to the neighborhood in which I live."

MINNESOTA.

"Would it be possible to include a few flower seeds when our Congressmen make their annual donations of onion, radish, lettuce, turnip, muskmelon, and endive seeds? For years we have received our quota of these same vegetables, varied just once by peas instead of onions, always apparently of the same varieties, but never a flower seed nor the seed of one rare vegetable. Is it because our Congressmen think that the wives of their constituents care not for beauty, or do they think we can afford to buy such seeds? In the 20 years I've been married I haven't had a dollar that I felt I could spare for seeds or roots of flowers."

IOWA.

"Let floriculture have a place in one bureau of the department. Send out flower seeds to the women of our country and help them to beautify their homes thereby. Distribute floral publications gratuitously over the length and breadth of the Nation."

MISSOURI.

"We would like to have our yards and buildings arranged conveniently, and we would like to raise some flowers and not have the cows, chickens, horses, and hogs around the dooryard."

"I know of no especial way in which your department can help women only by helping their natural partners, men, unless it would be the encouragement of good taste and love of the beautiful, with its uplifting influences, by the free distribution of flowering shrubs and flower seeds."

"May I imagine a 'greenhouse' with lovely flowers acclimated—our grandmothers' perennials—to brighten the sick and low-spirited, with helps on care and culture? We have the soil. Oh, that we might have access to this with our most hardy modern everblooming varieties. True there are catalogues and 'ads.,' but with our scant change, how disheartening to see them fade and die. Are flowers a need? Surely. A sweet flower and cheering song or good book quiets and soothes overwrought nerves of both mother and babes. Forgive if none of this pertains to your part; but these are needs which alone with no bank account we farmer folks in our inexperience can not supply."¹

SOUTHEASTERN QUARTER.²

VIRGINIA.

"There is one thing the department can do for us. We women one and all love flowers. I have thought for some time of starting, or trying to start, a free flower-distribution society. I have already gotten three women interested in flowers. One thing, they are careless in the fall and let them die, and then come to me for more in the spring, as I have a pit and keep some in the cellar."

"Outside plans for flower beds, rock piles terraced, right combinations of flowers and borders, all to harmonize as to color effect. The planting of bulbs, depth, when to plant.¹ The garden should be an interesting spot and an interest taken in trying new sorts."

NORTH CAROLINA.

A man: "Let such things (seeds) go cheaper by post, so that women could select things to plant that would suit them and their climate. Congressmen do not know or care much about such matters."

"I think if the department would distribute flower seed, bulbs, and plants to the farm women it would add much pleasure to their lives and beauty to their homes. The farmer receives bacteria for his clover, vetch, etc.; also vegetable seed. Why should his wife not have something free with which to beautify her surroundings? The women of my section agree that this would be fine, for often our purses are so scantily supplied with funds that the purchase of flowers is not to be thought of."

¹ Farmers' Bulletin 195: "Annual Flowering Plants." Farmers' Bulletin 185: "Beautifying the Home Grounds." B. P. I. 1122: "Distribution of Tulip and Narcissus Bulbs in 1914." See also notes at the beginning of this section and Appendices A and C.

² Southern women will find the publications under "Promotion of Diversified Farming in the South," Appendix A, of service.

SOUTH CAROLINA.

"The housewives of this neighborhood, in my opinion, need instructions how to garden truck; tomato culture, particularly, as the plant takes the blight, which indicates there must be deficiency or something lacking in the soil."¹

A man: "One thing that would add much to the betterment of the women on the farms would be the sending to them of flower seeds, plants, and shrubs. Let the promiscuous sending of seeds to the men stop and let the Department of Agriculture send plants and flower seeds to the women and see that the variety is good and the seeds fresh. Nothing makes a home more attractive than a pretty flower garden, and when a woman has one she is not apt to be dissatisfied. My wife has discussed this with me and what I have said expressed her ideas."

GEORGIA.

"The home garden is sadly neglected, also the flower yard.² These two things alone mean much to those who are raising a family. Many a mother would do better if she only had a little encouragement. Some of the southern women don't have the seeds to accomplish much. Almost any kind of flowers will grow in this section, but there are some vegetables that do not do well. The boys have their corn and pig clubs and the girls their canning clubs, but thus far the mothers have nothing of the kind.

"I would suggest, if it is convenient, that you would let each lady to whom you have written these special letters name several kinds of vegetable seeds to be sent to her, and she get the promise from the mothers in the neighborhood to do their best to raise fine vegetables next year; then give her the seeds. This would improve the health of her family and also the appearance of her table. I have always had my little flower yard, which adds so much to make a home look 'homey' and restful, but few homes have flowers. The same plan would work here that would work with the garden. Then in the fall we could get together and compare our notes to see who had made the largest yield and then report to you. This would mean a new life to many farm women, to say nothing of the benefits others would receive from it."

FLORIDA.

"We women would like to hear from the department regarding the rearing and cultivation of flowers, shrubs, vines, and anything that will help to beautify the country homes."²

"We would suggest that the department issue illustrated plans of flower gardens for country homes. Also state what combinations of flowers, trees, and shrubs would make attractive the average country home grounds. By country homes we mean farm homes."

MISSISSIPPI.

"A thing that I would suggest is that you leave off the garden seed and send flower seed and bulbs. Most any sort of man will buy garden seed, but lots of them won't get their wives flower seed. The flowers would really make us happy; and that's what you are after, for we country women will have to work to the end of the chapter."

ARKANSAS.

"I wish to suggest that if you wish to do something that would indeed conduce to our benefit, send us women a nice selection of improved garden seeds. What I mean by improved is up-to-date, good seeds. One acre in garden equals 4 or 5 acres on the farm. The next first thing outside of her home is her garden. Let two women be talking; the first question asked is, 'How are the folks?' The next, 'How is your garden?' No bulletins that you could publish and send to us would do us any good unless you should send a nice supply of garden seeds and bulletins explaining their cultivation. Then they would read them. The companies that furnish the seeds or the department could offer premiums—for instance, the most bushels, pounds, etc., from a given number of seeds. If that was done, it would greatly stimulate interest in gardening. The boys' corn clubs and the girls' tomato clubs have been

¹ Farmers' Bulletin 220: "Tomatoes."

² Farmers' Bulletin 195: "Annual Flowering Plants." Farmers' Bulletin 185: "Beautifying the Home Grounds." B. P. I. 1122: "Distribution of Tulip and Narcissus Bulbs in 1914." See also notes at the beginning of this section and Appendices A and C

a means of great good; not only have they been interesting, but instructive and a great benefit. Now, inasmuch as the garden is half the living (at least) of the family, and we women do most of our work in the garden, a supply of good seeds and instructions as to the improved methods of cultivation, with a request from the department for a report on each variety, would stimulate us to greater efforts and would cause us to improve in methods of gardening."

NORTHWESTERN QUARTER.

NORTH DAKOTA.

"Most every woman likes flowers, and the men don't get time to care for them, so it falls upon the women. There are trees, plants, shrubs, and vines that are hardy and will live year after year and need less attention than those planted every year, but people don't know what to buy or how to arrange them after buying."

SOUTH DAKOTA.

"One thing I beg to ask for is that the department furnish every farmer and school district in this county, at least, with some forest trees—say, 500, at least—which are adapted to this locality, to plant next year. There are quite a number of large groves through the county, and trees do quite well, but it would be a great benefit to us to have some trees set out for windbreaks.¹ Might not this be done through your department? If only the farmers who would make application to your department would receive them, they would be sure to be put into the hands of those who would take care of them. Last year we wanted to put out trees, but could not get them."

KANSAS.

"It would be a great help to the women of the country if the department would publish lists of vegetables and fruits which are best suited to the part of the country where they live, and send out seeds or plants which are new or unknown, but would help greatly in furnishing food for the family."

"Instead of the common seed now furnished the family, send a real extra nice rose or tulip bulb, everbearing strawberry or Himalaya blackberry—if these fruits are what the seed catalogues would have us believe. Urge the planting of luxuries on every man's farm, a strawberry bed, have melons—so the boys won't have any excuse to rob other patches—shrubs and beds of lilies and spring-blooming bulbs. Why deny ourselves when we have the best chance in the world to have the best of everything?"

"Might we not receive a few timely hints on winter flowering plants, their enemies, etc.?"²

"Might furnish expert landscape gardeners to whom we might send for plans for beautifying our lawns and gardens."

"I am opposed to the sending of seeds by Congressmen. Would much prefer to have them send us some rare bulbs or forage plant or even some valuable vegetable to experiment with."

"Men are interested raising fine stock and are offered prizes for their best productions; boys are encouraged to raise corn, the best receiving a prize. School children raise tomatoes, etc.; girls receive prizes for best bread. These prizes encourage the boys and girls to try, and the knowledge thus acquired is of much value to them. The housewives are left out. Women generally are lovers of flowers. Most farm women spend much time and hard work trying to raise flowers and fail because of lack of knowledge.³ In my judgment nothing adds more to make a place attractive and homelike than a proper arrangement of dooryard shrubs. Women generally do not know how to arrange shrubs for best effect and how to prune and care for the different varieties. I would suggest that the department send out pamphlets containing this needed information and distribute bulbs and seeds. Prizes may be offered for the best, as with men and children for their best productions. This plan

¹ Forest Service Bulletin 86: "Windbreaks: Their Use and Value." Price, 30 cents.

² Entomology Circular 151: "The Greenhouse Thrips." Price, 5 cents. *Entomology Bulletin 27: "Some Insects Injurious to Violet, Rose, and Other Ornamental Plants." Price, 10 cents. *Entomology Bulletin 125: "The Florida Fern Caterpillar." Price, 5 cents.

³ See notes at the beginning of this section; also Appendices A and C.

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would encourage the farm women and do much to beautify the homes. In these information pamphlets, suggestions as to the preparation of the soil for the different shrubs would be helpful. Facts as to the hardiness of the shrubs may also be given."

MONTANA.

"Brief outline of native plants of each section and botanical family, (1) poisonous, (2) medicinal, (3) flowering.¹ Suggestions in amateur landscape gardening—bulbs, vines, shrubs, flowering plants, trees, culture of these plants, methods used to destroy pests in same; botanical works that are brief and so written as to be easily understood by those who have had no instructions in this line.² If seeds are to be distributed this year by the department, include a few of the most popular flowers, bulbs, vines, etc., with a pamphlet instructing us how to scientifically handle them, thereby helping us to make a place of beauty of the farmhouse grounds and put a stop to the monotonous look of too many farmyards."

WYOMING.

"How can we secure more attractive home surroundings? The agents of the department lay a good deal of stress on profitable farming as a counter-attraction to the high wages of the city. But what does the city dweller do with the almighty dollar when he has accumulated a few thousand of them? Either buys a piece of land somewhere in the real country and tries to beautify it, or a house and lot in the city and buys expensive trees and shrubs to make it look like a spot of country. Can not the country dwellers with the help of information from the department, by means of native shrubs, trees, and flowers, beautify the farm home, without using so many dollars? One little thing you might do: Instead of sending out so many packets of lettuce and radish seeds of sorts long ago tested, perhaps discarded, send out some flower seeds—not zinnias, marigolds, and other weedy things, but something really pretty or fragrant."

COLORADO.

"If your department would compile and get out a book telling us what to plant in the vegetable line, what kinds, how to plant, cultivate, and harvest all sorts of vegetables pertaining to the farm garden; also cause, preventive, and cure for worms and insects, known as vast destroyers of the garden crops.² Also giving information and instruction along the same lines as above in regard to raising small fruits, shrubbery, etc., including flowers."³

IDAHO.

"Bulletins on floral culture and useful kinds of birds would be of interest to many farm women."⁴

"A volume sent out free on landscape gardening; a volume on home decorations. These would need cost no more than the regular Yearbooks which your department puts out. I would like to see free flower seeds distributed. They would be used far more extensively than the free garden seeds; half of those are wasted, I think. I suggest you send seeds only to those making application for them."

WASHINGTON.

"In place of the Government sending out seeds, would it be possible to send bulbs and shrubs to the women with which to beautify their homes?"

¹ Farmers' Bulletin 380: "The Loco-weed Disease." Farmers' Bulletin 536: "Stock Poisoning Due to Scarcity of Food." Farmers' Bulletin 531: "Larkspur, or 'Poison Weed.'" *B. P. I. Doc.: "Principal Poisonous Plants of the Western Stock Ranges." Price, 10 cents. *B. P. I. Bul. 121, Pt. II: "Mountain Laurel, a Poisonous Plant." Price, 5 cents.

² Entomology Circular 11: "The Rose-Chafer." *Entomology Circular 96: "The Catalpa Sphinx." Price, 5 cents. Entomology Circular 104: "The Red Spider." *Entomology Circular 105: "The Rose Slugs." Price, 5 cents. *Entomology Circular 109: "The Leopard Moth." Price, 5 cents. Entomology Circular 121: "The Oyster-Shell Scale and the Scurfy Scale." *Entomology Circular 124: "The San Jose Scale and Its Control." Price, 5 cents. *Entomology Circular 145: "The Larger Canna Leaf-Roller." Price, 5 cents. Farmers' Bulletin 99: "Three Insect Enemies of Shade Trees." *Entomology Circular 64: "The Cottony Maple Scale." Price, 5 cents.

³ Farmers' Bulletin 127: "Important Insecticides." Farmers' Bulletin 213: "Fungicides and Their Use in Preventing Diseases of Fruits." Farmers' Bulletin 583: "The Common Mole of Eastern United States." Farmers' Bulletin 587: "Economic Value of North American Skunks." Farmers' Bulletin 630: "Some Common Birds Useful to the Farmer." See note regarding insects under Pennsylvania letter.

⁴ *Farmers' Bulletin 513: "Fifty Common Birds of Farm and Orchard." (Contains 56 colored pictures of the common birds, and short descriptions telling which birds are useful and which are harmful to farm crops.) Price, 15 cents.

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SOUTHWESTERN QUARTER.

OKLAHOMA.

"Have your seed department send out a few seeds and bulbs to the women of the Southwest and other new sections being developed."

"I believe the department could improve its services to the housewives by inserting a good plan on handling a garden in this Southwest section. Its a difficult problem—the garden—the drought burns so badly. A late potato, if possible, would be the greatest family food of any of the garden crops. We have to buy potatoes all over this country. A good bean that would stand the drought would also be helpful."

TEXAS.

"If the Government would furnish them a few choice flowers each year it would add much to the attraction of the farm."

CALIFORNIA.

"Bulletins on the culture and diseases of house plants."

EQUIPMENT AND LABOR-SAVING DEVICES.

That any device which will lessen the labor in the fields is purchased without hesitation, but that no labor-saving devices are introduced into the house to lighten the woman's work is an almost universal grievance.² In many cases the blindness of the men who hold the purse strings is blamed for this. They are accused of grudging the money and of failing to appreciate either the importance or the amount of woman's work. So convinced of this are some correspondents that they actually advocate legislation which will compel all farmhouses to contain certain specified equipment. These, however, are extreme cases. On the other hand, many women say that their husbands are generous with what they have and would be glad to modernize their homes, but simply can not make enough money to provide more than pressing necessities. Many writers make clear that in the struggle to pay interest, investment in machinery must largely be limited to those things that increase cash returns and reduce the number of hired field hands. The sparing of the strength of the domestic worker or releasing a few hours of drudgery to leisure or amusement does not seem to have as direct a connection with cash intake or outgo as do the field investments. At the same time, some of the writers recognize that waste motion and antiquated methods within the farmhouse may well consume time and

¹ Southern readers will find the list of publications in Appendix A, under "Promotion of diversified farming in the South," of interest.

² A study of household labor is at present being carried on by the Nutrition Investigations Office of the Department of Agriculture. Experimental data are being collected regarding the lessening of labor, standardization of methods, and equipment for processes of cooking, laundry work, cleaning, etc.; and the most convenient height for the work table, sink, stove, laundry tubs, ironing board, etc. Attention is also being given to the placing of the equipment of the kitchen, pantry, laundry, and storeroom or cellar so as to secure greater convenience and fewer steps in housework. It is proposed, also, to study the relative efficiency, convenience, durability, and ease of cleaning of various articles of household equipment with a view to standardizing the same. Bulletins have been issued upon these subjects, much information has been supplied by correspondence, and more publications will be issued in the near future. The following publications should be of interest: Farmers' Bulletin 607: "The Farm Kitchen as a Workshop." *Farmers' Bulletin 317: "Improving the Convenience and Comfort of the Farm Home." Price, 5 cents. *Farmers' Bulletin 342: "A Model Kitchen." Price, 5 cents. *Farmers' Bulletin 353: "Lighting Farm Houses." Price, 5 cents. Department Bulletin 57: "Water Supply, Plumbing, and Sewage Disposal for Country Homes." F. C. D. Circular 776: "Homemade Fireless Cooker."

The long hours and hard work of farm women and the difficulty of obtaining domestic help are discussed in an earlier report, "The Social and Labor Needs of Farm Women."

See Appendix G for an account of the service of the Department of Labor in placing field and household help in rural regions.

The subject of cooperative laundries, creameries, bakeries, butcher shops, incubators, lighting stations, and systems of housing and feeding of farm hands is discussed in the earlier report: "The Social and Labor Needs of Farm Women."

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strength on the part of women which they might turn into cash returns if it could be spent on poultry, the dairy, or the kitchen garden.

A more usual request in this connection is for the department to publish lists of such household devices as have been found practicable and efficient. Many women complain of having been induced to purchase worthless apparatus, while others assert that although their husbands can not be persuaded to risk any money in new inventions, this attitude would be different toward those which were stamped with Government approval. Writers who realize the obstacles in the way of the Government's standing sponsor for articles manufactured by private concerns ask for an explanation of the general principles involved which might guide them in buying.

Among the appliances for which there appears to be the most demand are vacuum cleaners, washers, wringers, fireless cookers, cream separators, power for lighting and various other purposes, better systems of heating, oil stoves, gasoline or electric irons, etc.

NORTHEASTERN QUARTER.

NEW HAMPSHIRE.

"The farmer's wife needs more conveniences in the home; should have fireless cooker, electric or gas lights, etc."

"I will suggest that you get a bulletin describing and setting forth merits and defects of all labor-saving devices and methods known to the department."

MASSACHUSETTS.

"The problem is to awaken a different ideal of farm life—an ideal that, gradually and with the new generations, will set her part in its proper relation to that of the farm man, and will give intelligent and effective attention to providing efficient devices and conveniences for her use. It will try to lead her out of old customs into employing these better conveniences and to give intelligent thought to the planning of her work so that she may have it well in hand, with time for relaxation and other interests. Her interests should be wider. This change will come slowly by way of gradual education of the rural people to see the benefits and advantages of the more scientific farming and the more liberal sphere for the farm woman. Articles suggesting labor-saving furniture and other improvements in the farm home that will reduce her work and leave her more free time."

RHODE ISLAND.

"List and description of labor-saving devices in the home and where obtainable; prices if possible."

CONNECTICUT.

"I think it would be safe to say that the conveniences in the household of a farm home are not so many as in other classes. In the first place, the lack of means to put them in and, I will admit, a good many times indifference on the part of the husband or head of the household."

"That the department should demonstrate and then approve in some way, as they see fit, the following: The best cookstove; one that will do the best work with the least fuel, coal, or wood; also washing machines, dishwashers, vacuum sweepers, etc. As it is, none of these machines have a stamp of approval. Agents sell to all who will buy and the result is thousands of dollars are invested in worthless goods that soon find a resting place in the garret, and the poor housewife struggles harder than before, for often the money to buy this needed help has been borrowed, which makes another weight to an already heavy burden."

NEW YORK.

"The women on farms need the help of many inventions to lighten their labors. Help is scarce and most farmers' wives overwork."

"On account of limited means, a great many farmers think they can not afford to purchase labor-saving devices for the home, such as motor power for washing machines, etc., hot-water systems with bath and toilet, or rearrange the house at an expense of from \$100 to \$200 when such arrangement would mean the saving of a great amount of steps for the housewife."

NEW JERSEY.

"Bulletins and circulars of information describing improved methods, labor-saving devices, ways of getting results on the line of least resistance could be distributed."

PENNSYLVANIA.

A man: "I would suggest, first, some modern improvement in the family wash."

A man: "A sweeper, a fireless cooker, a washer, a cream separator, and other modern conveniences will make farm life easier and better for the woman. She is entitled to modern conveniences as well as her husband."

OHIO.

"Labor and step-saving devices are needed in many homes to give more time for other necessary work or recreation. Also power to run household machinery, such as pumping, churning, washing, and for lights, and a better system of heating."

"By sending out literature urging the women to adopt every method to save labor that their means will permit."

A man: "Women are easily imposed upon sometimes by agents who know women do not concern themselves with mechanical construction."

INDIANA.

"There is a need of popularizing home conveniences, farm wives' clubs, and reading circles. A piano, an auto, one completely equipped house in a neighborhood is an entering wedge. And blessed be the auto! I know families who have emerged from the chrysalis to a dignified butterfly state of thought and action through its benefactions. The woman on the farm is not a beggar for help or a laggard. She devotes every energy of mind and body to the good of her family. She needs only sufficient means to relieve her close economy, a little outside stimulant to her pride (her isolated life tends to indifference), and careful leadership and direction to become the best, most satisfying type of American womanhood."

A man: "The principal cry with our country housewives is some means of lessening the continual daily grind necessary on the average farm, such as, first, the house-sweeping proposition, which is usually done with an ordinary hand broom; second, the present methods of handling butter and milk and getting it to market; third, the laundry and ironing proposition, as done by most women, by hand mostly. The heating and lighting of their homes mean a great deal of care on a woman. We have nearly all kinds of machinery to simplify and make housework easier. The prices of these are greatly beyond the reach of the majority of farmers, and a great many are afraid to purchase because of their inability to use them or manipulate the same."

"That the farm women are a busy class of people in Uncle Sam's domain goes without saying. We seem to be the victims of agents and others who, under the plea of lightening our burdens, will sell us some great invention which, when we have parted with our hard-earned shillings, we find is neither efficient nor durable. Now, I don't expect the Department of Agriculture to endow us with better judgment, but wouldn't it be in line of your work to investigate some of the helps to modern home making so we would not be 'going it blind'? Water in the house, lighting, heating, sewage, vacuum cleaners, and such things planned so as to be efficient and durable and at a cost so reasonable the farmers could buy them, and with the assurance of this great department of the Government that they would be all right."

ILLINOIS.

"A carpet sweeper does not do the work of a vacuum cleaner, but I wish every woman who hasn't one would get one for Christmas. And I do believe that just as soon (or a little before, maybe, for a man often goes in debt for his tools) as one can afford these conveniences about the home they should be put in. This relieves one of the sources of drudgery which is most degrading and makes work a pleasure, and then it is both easier and better done."

"That investigation of labor-saving devices be made so that we may know whether such are fakes. As an instance, I bought a charcoal iron last spring. This was represented as efficient for family ironing. It is a failure there, but does for pressing. I realize you could not recommend any makes of these devices, but perhaps you could give us a knowledge of the workings so we would be more intelligent about selecting them."

A man: "It may be that the department can help her some by showing her better and easier ways of doing her work, especially washing, cooking, etc., and where she can obtain it. It can help by telling her what she should not buy in the machinery line. I would include in this class incubators and lamp-heated brooders.¹ In forty-nine cases out of a hundred these machines are useless to poor people because of lack of suitable buildings to put them in and lack of time to give them the attention required to make them do even fair work. It is poor women who are most often caught by the exploiters of these machines because they are most ready to grasp at everything that may be forced upon their attention by flashy advertisements and catalogues as money-makers."

"Too many farm women have no tools with which to work. If a new tool or machine is needed out of doors, the money goes for that and the house mother gets along the best she can. Perhaps this is because there is a lack of appreciation of the real needs of the house mother. In sending out suggestions as to improved methods for out-of-doors farm work, it might be a benefit to emphasize the need of improved methods and machinery for the indoors work as well."

A man: "A self-heating flatiron should be in every home; gasoline or electricity. Every home should have a vacuum cleaner instead of brooms and dust rag. Brooms are dust distributors and make work dusting things off afterwards. A farmer will buy an automobile for \$1,200 or \$1,500 to keep the boys on the farm. How much will he spend to keep the girls on the farm? He will buy a riding cultivator with shade attachment for the hot day. Will he buy a self-heating flatiron for his women folks in case of a hot day? Will the farmer invest \$5 in a fireless cooker for his wife so she can go along, too, and have dinner cooked when they get back? He will install a litter carrier in his barn to save steps and time. About how much will he spend to save steps for the women in the home?"

"We have our domestic science society, but as one woman said, 'We can't come in from the garden at half past 11 and cook a domestic science dinner by 12 o'clock;' we must take time to superintend and properly cook our meals; but if a friend comes in we go on with the cooking all right; then after, there are the dishes, and an extra amount of them. So if we could have a dishwasher, that would be a great help."

MICHIGAN.

"We do not feel so very much neglected by the department as by our men. In many of our farm homes where money is not plentiful, and often among quite wealthy farmers, the women must still do the work much as their mothers before them did. There are no modern conveniences for her, such as water in the house, bath, modern lights, vacuum cleaners, etc., and often not even such inexpensive things as oil stoves, fireless cooker, washing machine, gasoline iron, bread mixer, and many other such small items which help so much to lighten the woman's work; while the men have all the modern machinery and farm implements their work requires. We think these conditions exist not because the men are selfish or indifferent, but because they do not realize how much work their women really have to do, nor how important the farm woman's work is; nor do they realize how much time and strength these modern conveniences would save her."

"Labor-saving articles especially designed for the needs of farmers' wives. For instance, the washing machines on the market are all right for the slightly soiled clothes of city people, but we need something that will work effectually with clothes grimed with mud and water. This is only one instance. We might be kept posted on the various things on the market proved to be real labor savers."

"Is the woman on the farm failing to do her work as easily and as thoroughly as she might? She is, and simply because she does not know that there are in existence the various mechanical devices that could reduce her labor so greatly. For example, many women are ignorant of such simple articles as a charcoal iron and a bread mixer. Their attention could be easily called to them if the Department of Agriculture would

¹Farmers' Bulletin 585: "Natural and Artificial Incubation of Hen's Eggs." Farmers' Bulletin 624: "Natural and Artificial Brooding of Chickens."

issue a bulletin giving the name, places of manufacture, and, if possible, the prices of these labor-saving articles."

A man: "A vegetable cleaner and dishwasher that would do good work and be reasonable in price are two things that would help."

WISCONSIN.

"We would like to be informed of the really practicable helps for our work. We are willing to use them, but can't afford to experiment with expensive apparatus."

"I would especially suggest articles on the use of labor-saving devices; for instance, the gasoline engine."

"Walks, such as are found between buildings in cities, would save much labor and cleaning."¹

"Reports on utensils and machinery to simplify women's farm work would be welcomed by many. Most women on farms do not have a chance to visit the large stores where these can be seen, but if told about them, and also how effective they are, would use them. Also there are homemade contrivances we could find out about with the department's help."

MINNESOTA.

"Home labor-saving devices. Handy arrangement of kitchen, pantry, cellar, etc. Need of easily cleaned floors. Hired help versus labor-saving devices."

A man: "Farmhouses and also most homes in the small villages are not equipped as they should be. As it is now, the homes in the larger cities are too inviting for the country folks, especially the younger people. If those differences in homes could be eliminated, it is believed that most of the people with knowledge of the situation would prefer country life to city life."

"The reason that most of the women on farms get along without so many conveniences that their city sisters enjoy is not ignorance or liking to work so much harder than is necessary, but because the money never reaches around."

"There should be education in the farm home on money matters. The wife should know how much she can have for expenditures and be able to use this intelligently. For instance, \$10 spent for a gasoline lamp last winter was considered quite an expenditure, almost an extravagance, while \$10 or more spent for a plow would be considered a matter of great economy."

"Woman's work on the farm is practically 25 or 30 years behind. Too many are in need of finances to buy up-to-date machinery, and, again, too many are misers and don't know anything but toil and drudge the whole year round; haven't one hour's time for recreation. These are a few of the difficulties, with the arduous hand labor which makes the farm woman's life difficult."

"I think the way the department can render the most aid to farmers' wives is to work out some plan by which people living in small houses who may have to move every two or three years or oftener could arrange these houses so as to make their housework more convenient; that is, to make as few steps as possible. As a majority of the farmers are renters, some plan so that they can at a small cost, or out of dry goods boxes, make kitchen cabinets or cupboards or a buttery without in any way damaging the interior of the house."

MISSOURI.

"It is a deplorable fact that many—myself included—are without conveniences and mechanical appliances for lightening their work. Show them the vacuum cleaners, the new churns, mops. Explain the different lighting and heating systems."

"Teach the men that we need the new improvements in our homes as much as they in their fields. So many of us are cooking on the same old stoves we first began house-keeping with; still rub our clothes on the washboard on wash day; use the same home-made tables, benches, and beds we have always had to keep house with. The men around us have bought automobiles, mowers, rakes, hay racks, and new patent stackers, sulky plows and harrows, cultivators and wagons, and in fact whenever they see something that will lighten their labors they immediately write a check and lo! it is their's. A great many of these things our men buy are used but a short time during each year, but give the women ranges, kitchen cabinets, linoleum-covered or hardwood floors,

¹ Farmers' Bulletin 461: "The Use of Concrete on the Farm."

sanitary walls and wall covering, washing machines, iron bedsteads, good water, and things of use and a comfort to every member of the family every day in the year, and very few of the things are any more expensive than the price of a sulky plow. The good the department has done in helping our men to help themselves we believe can be extended to help their housewives. Our reasons for asking these things are that we believe that with better homes there will be less divorces from the farming districts; our boys will like their homes better and continue on the farm; and our daughters will not be so anxious to work in the city and will not say 'Any kind of a man but a farmer, and anything but a farmer's wife and the same old things that mother puts up with.' Having most of us lived in the city and the country, if our farm homes were made as pretty, and improved as our city homes, we would be glad to say, 'The farm for mine.'

"Women need to post up on the many different devices as they are put on the market, and their value in the home, such as gasoline engines, washing machines, separators, vacuum cleaners, etc., in fact, everything that will cause not less work but more time for doing more work.¹ Women must get out of the ruts. It's easy for young housewives to start in with the new inventions for lightening labor, but the old grandmothers see no need for improvement. They continue to do the work in the same old way. Women, as well as men, need to read good papers on practical farming and housekeeping. This is an age of agricultural advancement. Even men do not take advantage of labor-savers as they should. When they take to appreciating the value of new methods and devices for their work, then they will readily jump at every chance toward lightening the woman's work."²

SOUTHEASTERN QUARTER.

MARYLAND.

"We need a lawn mower so constructed that a woman can operate it. Since labor is hard to get, the women folks are obliged to do work of men."

"Cement, stone, or brick walks on farm leading to house from the various buildings and between buildings, to avoid tracking mud to house."²

VIRGINIA.

A man: "Information is badly needed in the homes of the people on the economical management of the kitchen range, particularly as to the use of coal in cooking. The average woman can destroy a range and bankrupt the coal bin in the shortest conceivable time. Have you anything along this line?"

"Couldn't you have experiments made for us in household conveniences, telling us why certain articles are good and where they save and give information as to durability? We know a great many expensive utensils are fine, but so few of us can buy aluminum vacuum sweepers, etc. What are the best washing machines, sewing machines, floor finishes? You know farm women can't have hardwood floors for kitchens nor linoleum. We have soft pine floors and they have hard wear with the constant tracking in of the men and children, and every woman wants a nice-looking floor, though so few of us have strength to get down and scour weekly. Surely you can find some way to help us solve this problem."

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NORTH CAROLINA.

"I am fortunate in having many conveniences that other farm women about me have not, owing to their lack of determination and realization of their needs; and to me this is the secret of the problem of the farm woman: 'They know not that they know not.' Out of this ignorance they must be aroused or educated. Our husbands are blamed for not giving us conveniences, and unjustly, for they are willing if only they realized their need. I was looked down on for eating light bread by the neighbors who finally asked me to teach them how to make bread. I use this incident merely as an illustration that farm women need educating as to what they need."

"We might have a house cheaply furnished where we women could go and see and do likewise. There is many a house where waterworks would be installed, where a fireless cooker would be useful, where flies would be eliminated, if we knew just the price and how to go about getting and installing them. It would be the business of the household economics women in charge to know, show, and explain these things. A house or temporary building could be used, and it could be moved on to another place. If we do not see the labor-saving devices used, we will never try to get them. We need an experiment station in the nature of a laboratory for testing all kinds of home conveniences, such as: Is the cement floor in the kitchen good? If so, how much does it cost? If not, why not? Is this sewing machine serviceable? What is a good washing machine for me? We might go on and on with the comparison."

GEORGIA.

"We need more modern conveniences in our homes, the cost of which would be very little, but some of the women themselves don't realize how they drudge day after day. Most of them do their own washing, ironing, housecleaning, cooking and dishwashing in the same old way their great-grandmothers did 75 years ago, with never a thought of vacuum cleaners, washing machines, or kitchen sinks. Even the ones a little more enlightened can never make their husbands understand, because their mothers 'did all the work for 8 or 10 children and they didn't have these things.' While these same husbands have so many of the improved farm tools. Until the women are awakened to their own needs, and the interest and sympathy of the husbands are aroused, the condition will remain the same."

WEST VIRGINIA.

A man: "There are many articles of furniture and convenience which she has never learned of and which could be made at home with small cost if she but knew how to make them; but, alas, she has so little time from her work she can not study plans and convenience; but had she some of them placed before her, how much more pleasant could she make her home. Most of them are slaves to their household duties, their gardens and children, with but few moments to devote to the artistic and emotional side of life."

"The writer of the old saying, 'Man's work is from sun to sun, but woman's work is never done' surely had a farm woman in mind. Could you not take up the matter of modern conveniences for the home and the latest in labor-saving machinery for the kitchen and house, and give it as wide publicity as you give to remedies for the diseases of cattle and hogs?"

KENTUCKY.

A man: "The larder is usually old baskets or boxes, into which vegetables are thrown promiscuously, and kept in the kitchen. Flour, meal, etc., are kept in sacks or barrels, likewise."

NORTHWESTERN QUARTER.

NORTH DAKOTA.

"My first thoughts are the conveniences that can be had for just a little time and thought, with very little expense. In our home we have an automatic cream separator, that runs the washing machine, wringer, and churn. Of course, it cost about \$125, but I would not take twice that if another could not be obtained. Then there are the drains and sinks; but if a sink can not be afforded, a homemade arrangement can be made that will answer the purpose, saving the hard work of carrying pails. What to do with the eatables is the next thing. If a refrigerator can not be had, have a homemade 'dumbwaiter' in the kitchen that goes down to the cellar, and when a good many things have to be brought up, one trip will do downstairs by the use of the waiter. I could go on giving diagrams and explanations, but if I can be of any help in this line I will gladly do so."

"I would suggest that your department place before farmers' wives cuts and descriptions of kitchen interiors with modern appliances by which work can be done easily and quickly.¹ I would suggest that these cuts show different arrangements, so that they could be made to correspond to the different purses of the farmers they are meant to accommodate."

SOUTH DAKOTA.

"Let advertisements of tried and proved household helps reach the farmers' homes, especially in remote districts."

KANSAS.

"A concrete walk from the barn to the kitchen door and a poultry fence about the dooryard will make such a difference in the dirt the wife will have to shovel out and the number of flies which haunt the house. Round corners to sweep easily, crack fillers, hard finish for walls, stationary cupboards, and dropless shelf-like tables, all up off the floor for ease in sweeping the kitchen. A hay-box cooker would enable many a conscientious woman to take a day's vacation without leaving the hard working, hungry men to a cold dinner."

A man: "A good food grinder is an important article in the house. It will save the price in one butchering by grinding the lard before rendering."

"It seems that the department might gather and disseminate information for farm housewives along the line of kitchen helps—tools, implements of various kinds, lighting, heating, washing, and anything connected with our work that would help us. Very many still use ways that are far out of date. Some way for the 'handy helps' that are used by some to be made known to the others would be one way of helping. For instance, there are a great many vacuum cleaners advertised. We can not afford to buy and try many. We would like to know the really essential points about them, so we could judge intelligently."

COLORADO.

"The department should educate the farm men to the necessity of labor-saving devices for the household. Improvements in the farm home seem to fall behind improvements on the farm."

IDAHO.

"The man on the farm lessens his work and is able to accomplish more by means of modern inventions for carrying on farm work. He sees the immediate effect of this in a greater return for his labor—bigger crops and more money—in short, he purchases these mechanical helps because they are money-producing agencies. The work of the woman on the farm is not directly a money-producing work. Her work is rather a money-saving work; consequently, the devices for lessening her work and increasing its efficiency and for saving her physical, mental, and spiritual strength are not considered necessary until the bloom has faded from her cheek and she is broken in health. One of the first things that should be done is to induce the farmer to procure labor-saving devices for the house as well as for the field."

A man: "First, I speak of the article she needs the most—that is a cookstove. She needs one that will burn crude petroleum, so she can get a uniform heat that she can not get out of wood or coal, and in the rural districts there is a large per cent of cooking so poorly done it is a waste and not wholesome, and the fault is too much or too little heat."

"Dumbwaiters (containing shelves) lifted by weights. Iceless refrigerators. I think these could be made in the dumbwaiter plan, too."

UTAH.

"Investigate power for washing and churning. The biggest thing of all is to reach some of the modern conveniences with little capital. Nearly all could make things convenient if the means were at hand."

OREGON.

"Things that I have found added most to the betterment of home life on the farm: First, a range with hot and cold water and the bath. Second, a large north porch, screened, with hot and cold water where I can wash and put my hose on the faucet

¹ Farmers' Bulletin 607: "The Farm Kitchen as a Work Shop."

and put water in my tubs without lifting or handling. Third, a dining room that I can shut away from dust and the rest of the house. Fourth, one of the greatest needs of farmers' wives is improved laundry machinery at prices within the reach of common people, which we do not have at the present time."

SOUTHWESTERN QUARTER.

OKLAHOMA.

"We are working along the same way our grandmothers did, washing, ironing, churning, mending, sewing, and caring for babies, chickens, and garden. We hang our own paper and paint our own walls. Now, I like my work and enjoy every bit of it, but my strength gives out. I rest a day and then things are piled up higher than ever and I can not get ahead. I believe there are ways to shorten labor—washers and washing powders for wash day, gasoline irons for ironing day, drainers for dishes, vacuum cleaners, etc. But how are we to know what to get? The markets are flooded with fake machinery of this kind. I paid \$6 for a washer that wasn't worth anything. My mother paid \$5 for a charcoal iron that never ironed but once. Now, in the experimental section of agriculture you find out what to use on the farm. Now, to help us find out what to get. What is cheapest and best? Send out lists of labor savers that you know will work. With your recommendation behind these things, I know our husbands will be willing to purchase them for us. This does not apply to big things only, but to little things like scrub brushes and mops. Let us have a bulletin real soon on short cuts in housework."

POWER AND MACHINERY.

Closely connected with the question of labor-saving devices in the house is the question of securing cheap power for the many purposes to which it can now be put. Electricity in particular is prominent in the minds of many. The water power, they argue, which is now going to waste could be made to generate enough electric power to relieve the housewife of her most laborious and distasteful work. Electricity would free her from the care of kerosene lamps, would run washers and wringers, pump water, operate cream separators and churns, even heat and cook. Naturally, the writers do not attempt any discussion of the mechanical obstacles in the way of furnishing electricity at a price that will be within the reach of all. Many content themselves with suggesting that the Government take the matter in charge; however, others believe that community cooperation is the best way to secure the full benefit of electricity.¹

The gasoline engine also appeals to many. It is, of course, possible to install this in places where electricity is not yet available, and its advocates urge that the department increase the people's knowledge of its uses, its operation, and its cost. Letters from the natural-gas sections also ask for information on means of utilizing this product. There is, in short, a widespread comprehension of the possibilities of mechanical power applied to housework and a corresponding desire to have these possibilities realized to the full.²

The requests for suggestions as to improving the domestic machinery of the farm are based in many instances upon the belief that the farm woman has an unusually long working day and must perform her heavy and varied tasks with insufficient conveniences and with no domestic help. These conditions are discussed at some length in an earlier report on the social and labor needs of farm women.

¹ Information is being collected regarding the efficiency, care, and use of labor-saving machinery, of special interest to the housekeeper, such as washing machines, vacuum cleaners, buffing and polishing machines, power knife sharpeners, steam and fireless cookers, etc. Information has been supplied through correspondence and conference, and bulletins are planned as a result of projects now under consideration.

² Farmers' Bulletin 277. "The Use of Alcohol and Gasoline in Farm Engines." See earlier report, "Social and Labor Needs of Farm Women," for a discussion of cooperative power plants, overwork of women, and difficulty of obtaining help on the farms. See Appendix G for information as to the Department of Labor's work in placing workers in rural regions.

NORTHEASTERN QUARTER.

CONNECTICUT.

"Practical plans and instruments for installing in the most economical manner laundry plants in connection with the farmer's engine; sewage plants."

NEW YORK.

"Develop the water powers that are going to waste and put electricity within the reach of all the farm homes of the community for light, heat, and power. Capitalists furnish it to the towns. They are not philanthropists, and the country does not seem an inviting field for them to cover."

"We lack machinery. This is a natural-gas section. Many are putting in engines for pumping water and washing. We need advice as to what material and motion we should buy. Should we use rubber rollers or centrifugal wringers? Are there mangles that we can use with profit and safety? Are there any provided with guards to protect fingers from rollers? Are hot rollers best? What is the liability of a damage suit if employees, through carelessness, should get fingers pinched? What shall we use for soaps and washing powders? Soft soaps are 40 to 50 cents per gallon. Hard soaps from 5 to 7 cents per pound."

A man: "Electricity is the force which can do more for the woman than anything else, as it makes no smoke or dust of itself, and will light and clean the house and the little motor the size of a water pail will do all the drudgery. Just push the button, and inasmuch as our Creator has filled the air with electricity, free for the generating, which can be done so very cheaply by means of this new system for generating gas to run the engine to drive the dynamo and with so little labor and attention that it is almost perpetual motion, it seems like a great loss that we, as farmers, are not availing ourselves of this opportunity. Perhaps you and Congress would aid in interesting the people in this matter. You see at a glance that plants of this kind will furnish the power and light for everything on the farm and light the streets for the town or school districts, as it may be. These plants will generate electricity for about one cent a kilowatt, I think."

PENNSYLVANIA.

"The engine that helps turn the machinery on wash day, milk separator, churn, vacuum cleaner, and also furnishes the lighting system, with only a button to press, is one thing that will aid many in their work."

OHIO.

"All thought the gasoline engine would greatly lighten the work of the housewife."

"If the men could be made to realize fully the conditions and be induced to furnish the house with motor power of some kind to do the washing, churning, etc., to equip the house with electricity for lighting, ironing, and running the vacuum cleaner, I think much would be accomplished toward making the women in the rural districts healthy, happy, and contented."

"At a women's institute in West Virginia two-thirds of the women wanted water in the farm home. A large per cent of the remaining one-third wanted gasoline engines for running household equipment."

"The encouragement of these companies, whether public or private, that are surveying street-car lines, putting up telephones, and developing the waste water powers for the manufacture of electric power which is sold at a reasonable price. We want all the outside help we can get. So far we have had the heaviest work with no mechanical help."

ILLINOIS.

"I would suggest that the Government could utilize the streams by having power plants built for the manufacture of electrical power to be wired over the country and supplied to the farmers at cost."

"I think the women on the farms can be helped most by having the Government own all water power of the country and furnish electricity, at a nominal cost, for washing, ironing, cleaning, churning, lighting, also for incubators and brooders in the poultry house. Do not work up in the air. Go to the foundation. Utility companies find it profitable to operate their high-power wires for many miles."

"If the department could investigate and make known good reliable machinery for all sorts of farm equipment, and not leave the farmer a helpless victim to unscrupulous manufacturers, it would be a wise and proper step for advancement."

"If the farmers could get gasoline washing outfits, bread mixers, and other labor-saving machines for their wives their work would be much easier, but in most farm homes money seems to be too scarce for anything of that kind."

MICHIGAN.

"I have read of electricity being furnished country homes by windmills. If this could be brought into common use it might help by lighting the home and by doing the washing and ironing."

WISCONSIN.

"It would help if there were electric-light plants scattered through the agricultural districts, to furnish lights and do away with so much work cleaning lamps and lanterns and also to furnish motor power to run the washing machine, the vacuum cleaner, and to pump water and air into the pressure tank."

MINNESOTA.

"As an immediate relief to the burdens and cares of farm women, I believe if the department would send out bulletins describing gasoline wash machines and irons, also request every farm-institute corps to speak of these helps, it would help to relieve one of the greatest bugbears in the average farm home, for many a woman says if she only could hire the washing done, the rest of the work would not seem hard. In a rural district it is hard to hire anyone to do the washing, but by hitching a gasoline engine to a washing machine and wringer the hard work is done by machinery."

"To relieve the oppression of women, instead of flour mills there should be food factories to convert grain into ready-made products, using the whole grain as much as possible, making crackers available instead of bread. There should be peanut-butter factories.

A man: "If the farmers would give their wives a small gasoline engine to run washing machines, churn, separator, pump water into the house, or have a storage tank in the upper part of the house, it would lighten many of the burdens by a little effort. Could also run sewing machines by gasoline power."

IOWA.

"I would have electric apparatus cheapened by buying patents or the establishing of plants to bring those things within the reach of people of modest means. I would have laundries established, possibly in connection with parcel post."¹

MISSOURI.

"I would suggest that the United States Congress conserve and utilize the water power of all the mountain regions of the United States to generate electrical power to penetrate all agricultural regions in order to furnish them with means of transportation, light, and power, chiefly so they can have all facilities that cities and towns have. If this is done there will be no excuse for leaving the farms."

SOUTHEASTERN QUARTER.

MARYLAND.

"Denatured alcohol, if price were cheapened, would be the means of giving us more conveniences with less danger than gasoline, but its present retail price, 20 cents per gallon, is prohibitive. Could something be done toward making it cheaper? My neighbor thinks electricity is one of the most needed conveniences on the farm to lessen the labor of the housewife. Hasten the day that all rural districts could enjoy or have the benefit of either a company's plant or a simple plant that could be established at a reasonable figure in each home that might be applied or harnessed to the washing machine, milk separator, churn, vacuum cleaner, and milking."

¹ Laundry work as a side line to creameries has been tried successfully in some places.

KENTUCKY.

"An illuminating system throughout the home; for this I believe would reduce cases of failing or defective eyesight to a great extent. Could an electric generator be used for anything more than illuminating the home? Could it be used in supplying the house with water and operating the washing machine, vacuum cleaner, and churn? If so, what would be the cost of generator suitable for a five-room cottage, and what the cost of waterworks? How much space would be necessary? Could a furnace and electric generator be safely arranged in the same room in basement? If not, how should it be done?"

TENNESSEE.

"The greatest help the Agricultural Department could do for the rural woman would be to teach her the value of home economics. How little does she realize that the little stream of water that runs by her home could readily convert her country home into the modern improved city flat by harnessing its waters, and by converting it into motive power to run her machine, to churn her butter, to furnish her light and heat, and supply hot bath. The rural woman must be made to see there is a better way of doing things than their mothers and grandmothers did them."

ALABAMA.

"Our dark nights could be lighted with electricity. We have water power within easy reach of us, and if the power was applied each family would immediately make good use of electricity in the home and in the road from house to house. This great benefit would at once be a help in providing better social life for us and our young people."

MISSISSIPPI.

"It has been proved that great streams with large plants can be harnessed and furnish much heat, light, energy, etc. Then why not, with a smaller plant, let a small stream be harnessed and furnish power about a farm for plowing and harvesting crops if need be, but, especially, to do many of the innumerable small jobs that fall to the lot of most of farm women—washing, milking, drawing water, churning, sweeping, and with proper appliances heating rooms and cooking. Many other uses for the aid of the women suggest themselves, but those mentioned will suffice."

LOUISIANA.

A man: "We have just equipped one farmhouse with a gasoline engine and pump, and elevator tank, and bathtub, and dynamo, and several electrical appliances for the house, and a modern washing machine, and every comfort that could be had in town. If we could see about 50 or 100 homes fitted up like this we are sure that the housewives would be better satisfied and the country at large be elevated."

NORTHWESTERN QUARTER.

KANSAS.

"Their need I see is power to do the work required of them, that is, the part that generally falls on them. The thing she needs in this day and time is electricity. Then when her house is lighted, her cream separated and churned, her washing, ironing, and sweeping, her sewing machine run by the same power, and she relieved from the drudgery of washing and filling lamps, lifting and washing jars, pans, and all those other hard old things, she can have some time for a social life and the improvement of her mind. The only way I can see is for the Government to furnish, at a reasonable price, electricity to every farm."

A man: "The gasoline engine is so near perfect and so cheap there is no excuse for the housewife being required to run the washer and some other work by hand, but she should have some power to do her work. No doubt the Department of Agriculture could do a great deal of good by agitating improvement along the lines of labor-saving devices, water supply, and other lines. Possibly a great deal could be done through the Weekly News Letter."

A man: "The Government might send experts to show the average farmer the best and cheapest way to install a light power engine to do the separating, washing, churning, shelling, and grinding for the family."

COLORADO.

A man: "The only suggestion I can make, after consulting the women of my precinct, is literature showing them how they can lessen their labors and make life more agreeable, by calling their attention to all kinds of modern machinery which is in use and is reliable. Windmills can be used to generate and store electricity for light and some power purposes, while they could be attached direct to washing machines and churns. People are a good many times prevented from buying improvements because they do not know which is reliable, while the Government can ascertain that better than the individual."

IDAHO.

"Waste water flows over the canyon wall at many points in quantity sufficient to furnish power for heating and lighting our buildings and running our machinery with electricity, if only a plant could be installed. A power line passes through the district, but until a considerable number of us have attained a degree of prosperity (at present somewhat remote) so that we can meet the heavy charge which the power company makes, we must continue to burn sagebrush (and some of us must chop it) and kerosene. If the Government could install an electric plant and furnish us power, heat, and light at practically cost, our condition would be greatly ameliorated. There might be instituted a cooperative laundry, a cooperative cannery to enable us to save the quantities of vegetables and fruits which our productive soil yields us at times when we are overworked, feeding haying crews, etc., possibly a cooperative butter and cheese factory to care for the surplus cream and milk. Many of us will stock up with dairy cattle at our earliest opportunity. Shipping our cream will be a somewhat troublesome problem, and a home creamery would perhaps be more profitable."

OREGON.

"We can not very easily see how the department has especially neglected us, unless in a general way it has neglected to advocate modern machinery, and modern power appliances, where possible, in the farm home. As a rule, the average farmer has kept apace with purchasing machinery for lightening, simplifying, and facilitating his labors in the field and shop. But the average farm woman is still bending over the old-fashioned washtub, doing the hard laborious washing on the old washboard for a large family and often the hired help. Many others have the washing machine run by hand, which is but a little in advance of the old washboard. Some farm wives are still churning with the old dash churn, when in many cases water power is going to waste just a short distance from the house; or the gasoline engine sitting idle in the barn. In some localities electric power lines pass through the rural districts and electric power would be very cheap. In company with my husband I have visited many farm homes, when traveling for the Farmers' Union, that have all the modern improvements available; yet I have seen many others that are sadly neglected, where the woman's lot seemed to be a slave's life. She carries wood and water long distances, bends over the washtub, and beats the churn dash for hours, besides cooking and caring for a large family. I have recently installed in my home an electric washer and wringer—I mean the work is done by electricity. I have noted the meter, and it costs but 4 cents for an average washing. I have had for a number of years the electric iron, and it costs but 5 cents for an ordinary ironing. Now we think the Department of Agriculture can assist the farm wives by advocating and creating a sentiment for modern power appliances placed in the home. In our Farmers' Union meetings we have discussed the advisability of a general power house, located at convenient distance from both house and barn. In this power house there would be one room especially devoted to washing, ironing, and drying clothes on stormy days; another room for the grindstone and location of all edged tools; another room for the chop mill and feed cutter; another room for the fanning mill for cleaning all farm seeds. All this work could be done by machinery driven by power at a marvel of cheapness when once installed, and it would be a pleasure to the boys and girls to do all this work when the hard laborious monotony would be removed by machinery and cheap power."

WATER SUPPLY.

No correspondents write with greater emphasis and conviction than those who treat of the problem of water supply. Over and over again it is stated that an adequate water supply in every farmhouse would be the greatest boon that could be given the rural population. Requests are numerous for authoritative descriptions of

plumbing systems that can be installed economically and with home labor and the hygienic necessity of such improvements is dwelt on at length. There are also many letters whose authors are thinking not of health but of convenience. The labor involved in carrying for considerable distances all the water required by a large household and then carrying out again all the household's waste is justly described as one of the greatest if not the greatest of the farm woman's burdens. Frequently, it is asserted, the convenience of the stock instead of the housewife is consulted in locating the well and thereafter little effort is made to provide mechanical means for carrying the water into the house. A more common opinion, however, is that ignorance and poverty unite to make the farmer believe that nothing can be done to remedy this evil. The Government is, therefore, urged to disseminate more widely information concerning water and plumbing systems that are adapted to rural conditions and within the reach of men of moderate means.

Correspondents from some of the more arid sections of the country also call attention to the need of irrigation for gardens and crops. This is, however, a problem which belongs rather to agriculture proper than to domestic conditions and is therefore somewhat outside the scope of this inquiry. At the same time scarcity of water works a direct hardship upon the housewife—a fact which is forcibly brought out in several letters from western Kansas.¹

NORTHEASTERN QUARTER.

NEW HAMPSHIRE.

"The farmer's wife needs more conveniences in the home; should have running water, bathroom, set tubs."

VERMONT.

"Conveniences, such as set washtubs, hot and cold running water, bathrooms, and water-closets, will generally follow for the families of prosperous farmers if they have been educated to know the value of them. We have had these things for about 18 years, but I know of no other farmer around here having them, although they are well able to furnish them. Some women are opposed to spending money for even running water; so the men are not always to be blamed."

"In answer to the question, what is the best help for the farmers' wives, I think one answer is an appropriation of money for bathrooms and better sanitary conditions on the farm. This, I think, applies well here in Vermont, at least in the rural districts, where it is generally needed for workmen working in the fields. Many that I know of have running spring water at the house that hardly can afford a bathroom. This would do away with outside closets and surface drains."

¹ The value of different sorts of water (hard, soft, etc.), in cookery and in the cleaning processes of the household is of great importance to the housekeeper and has been given consideration by the Nutrition Investigations of the Department of Agriculture. In so far as it is a housekeeping problem, attention is given to the hygiene of water and ice supplies. The securing of a convenient and adequate water supply, as well as a supply of hot water, are problems of fundamental importance in increasing the economy and efficiency of household labor, and are being considered from the housekeeper's point of view in connection with investigations along these lines. Information has also been collected regarding the use of different sorts of water, e. g., hard and soft, for cooking and other household purposes. The following publications on these subjects have been issued and information has been supplied through correspondence and conferences: Farmers' Bulletin 270: "Modern Conveniences for the Farm Home." Department Bulletin 57: "Water Supply Plumbing, and Sewage Disposal for Country Homes." * Farmers' Bulletin 73: "Pure Water on the Farm." Price, 5 cents. * Farmers' Bulletin 208: "Wells and a Pure Water Supply." Price, 5 cents. Farmers' Bulletin 121: "Beans, Peas, and other Legumes as Food" (Hard v. soft water for boiling). * B. P. I. 212: "A Study of Farm Equipment in Ohio." (Discusses the cost of various water-supply systems, etc.). Price, 10 cents. Water-Supply Paper 255: "Underground waters for farm use." (U. S. Geological Survey.) (Discusses sources of water supply; how ground and surface waters become polluted and how they can be protected; how wells are sunk and water is raised.) Water-Supply Paper 257: "Well-Drilling Methods." Price 15 cents. (Tells how to drill for water, oil, and gas; gives a history of well drilling and discusses geologic formations bearing water, oil, and gas.) See Appendix A, "Health and Community Sanitation" for other titles.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

CONNECTICUT.

"Practical plans and instructions for installing in the most economical manner water systems (laundry plants in connection with the farmer's engine), etc., to be installed by the farmer and his unskilled helpers."

NEW YORK.

"The average farmhouse is a model of inconvenience. Few have cisterns, fewer or none have bathrooms, and there is seldom any time or, at present prices of lumber and material, money to remedy all this."

"Encourage farmers to put in bathrooms and supply the kitchen with hot-water faucet."

A man: "In order to get a bathroom into the humblest home, it must be inexpensive. To solve this problem the department might assist."

"We would be interested in how old-fashioned houses could be arranged to be convenient, houses without water installed in them—and how it could be put in without such great expense."

NEW JERSEY.

A man: "A thing of great importance is that the women could plan and persuade their husbands to provide sanitary methods of disposing waste material from the house, i. e., kitchen and lavatory."

"I suggest (and am indorsed by the neighboring farm women who are poor, like myself) that the Government help the farmers' wives by making their water supply easier. Oh, what a boon that would be. Our backs and arms ache, and we grow stooped and crippled from pumping water."

PENNSYLVANIA.

"Conveniences in the home. Many homes have no kitchen sinks, drains, etc. A bathroom is a rare convenience in a farmhouse. Water is usually carried in pails, and the wives often have to carry it. Let all farmhouses be equipped with water, etc., same as city houses are."

A man: "When I see such fine conditions in towns and cities and then go out into the rural districts where the 'old oaken bucket' is still used, I try to imagine what my water system is worth that I have on my farm, starting with a drilled well, engine, hot and cold water system, with bathroom and closet, and which can be had very cheaply if people would only think so. There are many farmers getting such systems, and to-day I have nearly a year's work ahead of me putting in wells for people who regard the importance of this matter."

A man: "At a farmhouse the water is either gotten from a spring or well and has to be carried from the well or spring with a pail; and there is no reason why a farmhouse could not have a water system. There could be inside closets installed. If the Department of Agriculture could recommend some good system and could get a few of them installed in a neighborhood that would give good satisfaction, then the farmers would commence to install them, which would be a great labor saving on the farmer's wife."

OHIO.

"Better water systems. A well-equipped bathroom should be in every home."

"The water supply should be convenient for every farm home; where the wife has to carry the water a distance, the home is not as easily kept in a sanitary condition as it would be were the water convenient."

"Suggestions for bathing children—economical apparatus."

"Encourage them to save and be ready, as soon as they own places of their own, to put in water, heat, and light, that living conditions may be more attractive and the housewife's labor be also lightened by machinery."

INDIANA.

A man: "After consulting with a number of farmers' wives and daughters, I find in this locality the lack of improved ways of getting water to the house is the greatest want. Until my attention was called to it I had no idea it was so bad or that wives and daughters had to perform so much extra labor. Surely it can be improved greatly in all of the farms I know of."

A man: "Plans for economical modern improvements in the house, such as water systems, both cold and hot, in the house, bathrooms, etc. Such things as would add to comfort and health and lighten the labor of housekeeping would in my judgment be along the right line. As many of the farmers are tenants, it would be necessary to interest landowners, where an expense was to be incurred; but I think that could be done if it once could get a start. It would certainly tend to the social and moral improvement of the home on the farm."

"The water—well, the farmer must have it right at his stable door, some 100 or more feet from the kitchen door, to be trugged and carried this long distance, day after day, for cooking, washing, drinking, and for bathing purposes. Then let us put in a simple but good water system, a heating system, and a light plant, a good gas engine to pump the water, wash the clothes, saw the wood, etc."

ILLINOIS.

"A simple water system and sewage disposal. I think any kitchen could afford at least a drain pipe. There should be some system by which the tenant farmer could obtain these advantages and enjoy them."

"When men come in from work they are tired, hungry, and dirty. If they had a large bath (shower) of warm water and washed down quick, in three minutes they would be refreshed."

MICHIGAN.

A man: "I suggest that through the News Letter you can, by inserting articles from time to time, create sentiment for the installing of such systems as our people may be financially able to establish, and by the furnishing of specifications and instructions for installing, with estimates of the probable cost. It would be a great assistance along sanitary lines for a branch of your service to be able to furnish such specifications to those intending to put in such systems when the necessary conditions are furnished. The carrying in of water and the carrying out of slop water for a farmhouse is no small task and, for a family of from 6 to 10, occupies a vast amount of time."

A man: "The women of the farm have to do their work, as a general rule, under a very great disadvantage on account of the water supply. Several speak in protesting tones of this delinquency in building a house. Why, here is dinner all ready; the men are coming now; baby is crying; the kettle has gone dry; no water in the bucket. She has to let baby bawl; run to the creek or pump, if such is in order; come in all heated up; hustle around; make things appear pleasant; so these men can enjoy their meal. Now, how can this woman get any benefit from her dinner?"

"If the department would send out plans, estimates, and probable costs of water and sewerage systems for farm homes, I think it would do a great deal in the way of lightening the farm wives' labors, as most farmers know little about this kind of work. For instance, we have a drainage system, but it is not satisfactory."

MINNESOTA.

"By aiding in the solution of the question of water supply in districts where it is scarce. In Rainy River district many housewives melt snow in winter for all household purposes and for stock besides—and this on one small cook stove in the kitchen."

"This summer a neighbor dug a large cistern. The mother wanted the pump put in the kitchen; but the son (and he was a good boy) said, 'With the separator and everything in there this winter there would not be room for the pump,' so it was put outside, and the mother has to run out and get the water, and it will freeze and be of no use during the winter. That boy should be educated to look at things differently and that mother should be educated to demand her rights."

IOWA.

"A water equipment within the means of the average farmer, installed to furnish water in the home and buildings, with drain for waste water and slops. Motor power (inexpensive) to run the various labor-saving machinery in and out of doors."

MISSOURI.

"The most crying need is water in the home, and one sad part about it is that nearly every home has a large spring or well close, from which water could be forced. If the Government would show them how this water could be used, it would revolutionize many homes."

SOUTHEASTERN QUARTER.

MARYLAND.

"If the stock at the barn needs a good water system to help them grow well, the stock in the house needs it, too, and needs it warmed up for baths at that. A series of leaflets should be published that will clearly and convincingly prove this to both husband and wife. You will find it almost impossible to convince the older people. So go to work on the young folks about to be married and on the children in the schools."

VIRGINIA.

"Water convenient. I think a man could often study the topography of a neighborhood and show how they all could be supplied with water. Get somebody to going at these things and it will not be long before conveniences will become contagious."

"I would suggest a bulletin upon simple plumbing and installation of water system, with estimate of cost when work is done, as it can be done, by anyone who is able to manage ordinary farm machinery."

SOUTH CAROLINA.

"Have the Agricultural Department issue bulletins giving an exhaustive description and approximate cost of hydraulic rams, windmills, and all other devices to furnish running water to farmers' homes and barns. In this bulletin might also be stated how washing machines and churns could be run by water power."

GEORGIA.

"If your literature on water supplies and lights could be distributed among the farmers, it might be that some of them would become interested and assist, or help to arrange that which will be the greatest convenience to the farm women—water supplies and lights."

FLORIDA.

"The water supply is generally looked after by the woman of the home; and too often it is carried by hand from the well at the barn or from a distant spring. The energy and strength wasted in this way could be spent to help the family in many other ways."

WEST VIRGINIA.

"Would like to have water in our homes. Would like to have a bathroom, which is needed in every home. We need a better way to get water. Drinking water is not as it should be in most country schools."

KENTUCKY.

A man: "The water supply is inadequate, because not convenient. In many cases antiquated methods of obtaining water for household prevail; such as going to the well or spring, a distance of 100 to 500 feet, and delivering in buckets by hand. This work is done in the majority of cases by women and children. Where cisterns are used they are on outside of the house and frequently removed several feet from the dwelling and exposed to the elements."

"I have consulted with my neighbors, and we would rather have waterworks in our house than anything else. Very few farmers feel that the price of installing water in the house is within their power."

"Her work is made heavier and more wearing more because of lack of water power throughout her house and lawn than by any other one thing. Electric lighting and cooking and furnace heat would be blessings too good to be hoped for; but even without them, solve the problem of piping water through her house at a cost within reach of the average farmer, and she will rise up and call you blessed. She does not ask for a revision of laws; the nature of her duties demands an early rising and a late retiring; but the countless steps carrying water and emptying water, carrying parings and vegetables and unused fruits to the pails for the pigs, carrying many times a day fresh water for the fowls, carrying, heating, emptying tubs for the bath, for the laundry, for the cooking, canning, and preserving—always water: Hydraulic rams can not be installed on every farm, nor can the windmill meet the requirements. It needs to be

a system of piping and plumbing as sanitary and complete as in the city. Give her water and she can work out the rest. She does not expect nor demand the idle time of city dwellers. Her garden, her orchards, her fowls, her dairy, her lawn fill up a time city people do not need to use. But she will have more time for reading, for organizing instructive club work, for becoming more than a drudge, if she could but have a perfected system of waterworks. As happens in many communities, rivers and streams are near us. It needs some one to show us how, as a community, if not individually, we may equip and install an economical and satisfactory system of water piping. Water first. Then give us gas or electricity, etc."

TENNESSEE.

"Make it easier and cheaper for farmers to have running water in their homes."

MISSISSIPPI.

"The greatest need of the farm women to-day, from my viewpoint, is a supply of running water. This stands out over the whole country, north, south, east, and west, as paramount. My personal knowledge pertains to conditions south and west, particularly. 'Before-the-war' conditions still affect the South. We have not shaken off the shackles of slavery entirely, and do not fully realize that the white woman who is struggling to rise to the occasion must necessarily bear, to some extent, the burdens of 'the woman in black' who preceded her for so many decades. These conditions are the rule, but there are some notable exceptions to all rules. The bathtub appeals to me as a first essential in every home, because so much and so many other essentials follow its establishment. One of my neighbors said to me, when I told her I was urging running water, 'Why not good roads first?' I replied, 'I must have a bath before I start out on a good road.' One other gave her directions to an architect, who was planning a home for her. 'Draw a bathroom and put a house around it.' Personal cleanliness springs from every pore a sense of gratitude and the assurance that cheers and animates the inner and outer man. The daily bath imprints on the man or woman the trade-mark of civilization.

"Next and in line from a good water system comes the neatness of the grounds and buildings, the well-hosed window blinds, the well-kept lawn, the freshly washed porches and steps, all appeal to our best selves. Cooperation among farmers and their home women in the home stands for these improvements. The animal kingdom is grateful for a running water supply, a chance to be clean and thrive. Notice the appearance of the pig that can have his daily bath. The healthy conditions of the horse and mule that has all the fresh water he needs, and then comes the good milk made from pure water that the cow has access to, the glossiness of the plumage of the fowls that have a fresh water supply always at hand. Place me in a desert and give me fresh water in plenty and it shall blossom as the rose. The old Israelites did not undervalue the effects of a bath and made it compulsory by law (Exodus, 29:4; Hebrews, 10:22). Now, if our wise men in Washington can devise some means by which we can have a hydraulic engineer and good plumbers come to us and tell us how to lift our pure springs to an altitude of 80 feet, and carry the water a distance of 500 feet to supply our home, which stands on a plateau, to the best advantage and at the least expense, we will be greatly benefited. Our water power now is a mule and a barrel placed on a sled. You can appreciate my enthusiasm over a running water supply."

"We would especially call attention to an article by Prof. Joe Cook of the State Normal College, Hattiesburg, Miss., which was thought so much of by the United States Department of Education that it was ordered printed by that bureau. The article says that a country woman lifts on an average 2,000 pounds daily in the water she uses about the kitchen, and when this is considered it is easy to understand why she soon loses her beauty of form and figure, the elastic step, and the blooming roses of youth. The statement gives the weight of a gallon of water and the estimate begins with the drawing of the water from the well until it is thrown away as dishwater. The remedy suggested is that for a small sum of money the farmer could install a gasoline engine and have on his farm a complete waterworks outfit. The spreading and distribution of this Government bulletin through this county could not result otherwise than in great good."

"In nearly every farm home the source of the water supply is some distance from house, and all water must be drawn and carried from well or cistern to house by the women or girls. This itself is a heavy burden. Near many of these houses is a small stream that might be made to furnish electric power for quite a small sum as compared

with the work done. To reach this end, the writer has written to several firms for advice or help, only to be told that nothing can be done."

A man: "Lack of convenience in water supply—frequently from a spring far removed from the house in the bed of an overflowing branch or creek, or from a well in a filthy back yard, or worse, in the horse lot. Result, typhoid fever, which falls heaviest on the farm woman, who already has too great a load. Lack of any means, except by hand, of conveying water into the house or kitchen. This is one of the greatest hardships on the farm woman, because this is by common consent her job, and a big one."

ARKANSAS.

"Ours is probably the only farmhouse in the county that has a bathtub and bowl; not because our neighbors could not afford it as well as we, but because they have never learned the value of it, and they are as well content without it as we are with it. The farmer needs a bathtub vastly more than the city family. How are you going to teach them? There are farmers' wives and families that I know of that never leave their home from year end to year end."

LOUISIANA.

"The one material thing most needed by the country housewife is waterworks. This would lighten her work more than any other thing I can conceive of. It has been estimated that she lifts a ton of water a day. This alone is enough to drive the sparkle from her eye and take the spring from her step."

"Bulletins telling her husband how he can have running water in both house and barn, how he can be his own plumber and put in a bathtub, stationary washstand, toilet, and kitchen sink with a few simple tools and instructions, would help the women on the farm more than anything else."

NORTHWESTERN QUARTER.

NORTH DAKOTA.

"I would like best of all a good and sufficient supply of running water right in the kitchen—just lots of water—and drainage to carry away the waste. Also a system of some sort to take care of the refuse without danger of spring rains overflowing tanks in the yard."

"I think that our most crying need is to have water piped from the barn to the house, and a sanitary closet of some kind provided, and a bath, so that we may not have to perform our ablutions in a tin washbowl in the shed."

NEBRASKA.

"We, the undersigned ladies of ———, ———, Nebr., hereby petition the department of the United States to investigate the feasibility of irrigation for this section of the State. This section, if put under some kind of irrigation, would be one of the richest sections of the State of Nebraska, provided a railroad could be obtained to facilitate the shipping of the produce." (Petition signed by 44 women.)

KANSAS.

"Oh, the weary arms that pump water, carry it down step, around the corner, up two steps, through two doors, giving the pail a final hoist to a high shelf, table, or sink. Then the water must be carried out. Few men can see a slop pail. The same arms carry a larger pail, its weight enhanced with floating peelings and kitchen refuse, carry it down the same steps, around the corner, and 4 rods through mud to the pigpen, handily arranged for a lift over a stock fence."

"I suppose that when women were asked to write of their wants each one was supposed to write of the needs of her especial locality, and I am going to write of the needs of the women of western Kansas. Her greatest difficulty and hardest work and least profit comes with the dust that sweeps over this region and that every high wind drives into every crack and crevice, and that penetrates everywhere. Cleaning may be thorough and next day may fill the house from cellar to attic with the fine dirt that continues to sift everywhere. Food is ruined, beds are filled with the

choking dust, and the walls and ceiling so loaded that a thorough cleaning is necessary, and it may be just completed when another dust storm is on and the house be filled as bad as ever. Western Kansas, western Nebraska, western Oklahoma, and eastern Colorado are all affected in this manner, and many housewives suffer all the time from the effect of this loose moving soil. I will admit that a remedy is beyond me at present, but this beautiful and fruitful region should not be left to suffer and become depopulated on this account. Too much stirring of the surface soil during dry times seems to be the chief cause, and the remedy will have to be in direct opposition to the cause. Less plowing in dry times and more moisture on the surface of our country. In many localities we have sheet water in layers of about 20 feet apart, and if some cheap method of raising this water could be devised and it could be spread on the land during a dry period, we would have a most productive country, and the question of stopping the dust would be solved. This is our greatest need just now, and it is one that is felt by the populace of a large area of this country."

"We lived on the same farm from the fall of 1886 to November, 1912. When the cistern was dug we placed it near the house, part being under the hallway between the main building and the summer kitchen, so that the pump could be inside. Then my husband put a tank upstairs and a bathtub, using a force pump that cost \$3.50 to send the water upstairs. We had some pipe and did the work ourselves, which helped to keep the expense down. Properly planned, a small gasoline engine can be used to send this water upstairs, run the churn, the washing machine, the cream separator, the grindstone, and, if need be, the baby cradle, especially during wash days, if help is scarce."

"The soil will grow anything that is adapted to this climate, but a well and windmill costs \$300 or more, and a great many can not afford that; and as living here is almost hopeless without the means of irrigating at least a garden, many are giving up in despair."

"At a recent meeting of 'farmers' wives' the question was asked, 'If you could be given the one thing that would be the greatest help to you in your work, what would it be?' The unanimous response was soft water, plenty of it."

"The well that supplies the family with water is situated more with an eye to the convenience of water for the cattle than for the family itself, the women having to carry water for their housekeeping from 100 to 200 yards. Now, if the well could not be situated near the home, or there could not be two on the place, one for the household and one for the animals, the average farmer might furnish a pipe to convey the water into the house, make a sink in the kitchen, and insert an inch pipe to run the waste water away. It would save many steps for the weary housewife. There is too little effort made toward making comfortable the average farmhouse."

WYOMING.

"A gravity water system with hot and cold water in the house and bathroom. Thousands of farms are so situated that a pond can be made on a small watershed and the water piped into the house. Others have springs with sufficient fall. For those living in flat countries there are other ways of getting the water above the level of the living apartments. A man who understands the use of a thread cutter and pipe wrench can fit up a complete bathroom for \$25. Issue a bulletin telling how to build an earth dam for the reservoir. Most people think that a larger watershed is required than is really necessary. Tell how to keep the water from being contaminated by vegetation by the use of blue vitriol, how deep to put the pipes to avoid freezing, the sizes necessary; how to build a cesspool; how to care for the plant when it is established. Keep in mind always that everything must be very simple and very cheap."

"We carry in water from wells, springs, or creeks instead of getting it hot or cold out of faucets. We should like bathrooms with closet and septic tanks. Couldn't a plan be written out and illustrated plainly showing how water can be piped from one-half to three-fourths of a mile up the creek, with perhaps a 100-foot drop in that distance, to be utilized by the husband with the help of his men, for all these things? A plumber, of course, for the hardest joinings. Another plan for where the home is on almost a level with the river, 2 or 3 feet to 10 or 15 higher, could accompany the first, and both together could come out in one bulletin and would fit almost all cases. We feel if it could be brought to our husbands' notice in one bulletin, giving complete plans for installing all these improvements with one piece of work and all running with the same system, they would be more likely to think they could afford time and money for them."

COLORADO.

"Have you any inexpensive way of getting water in the house? If only the kitchens had water in them it would lessen our work very much. No one knows, only by experience, how much energy is expended in carrying water by hand in a family where all cooking and laundry work is done at home."

IDAHO.

"The means of getting water for the house is frequently the most crude and the hardest way possible. The farmer often has a gasoline engine to pump the water for the stock, while the housewife goes to the pump, fills her bucket, and carries it into the house. No easy means of disposing of the waste water is provided for, so again she carries heavy burdens of water out of the house. Why not have the gasoline engine pump the water for the house, have the water piped into the house, and a system of pumping to carry away the waste water? This could be had for very little expense. I believe the Department of Agriculture should issue plans for the use of farmers, showing convenient sanitary kitchens provided with plumbing."

"This county is being settled now, this special neighborhood, since not much more than three years. The climate is good and prospects fine, showing that the settlers made no mistake in selecting the land. Hardships in general and lack of any comfort are the lot of most homesteaders, but what makes it especially hard here is the scarcity of water. No water for farm purposes. This has been taken up as dry-farm land and begins to show good returns for honest work. I mean water for domestic purposes, which is hauled now in barrels from the few mountain springs. Wells have been dug to a depth of 250 feet without result, except on the bench around the foot of the mountains where seepage water fills the bottom of the wells. No woman is at liberty to use water as she should for the health and comfort of the family. Housework needing water must be done according to the amount on hand and the time the men can spare from their field work to haul a new supply. Climbing on the wagons and dipping is hard; in winter often dangerous. And when winter comes some barrels become fixtures in the kitchens, thawing out the layers of ice on the inside. Dirty water has to be saved and carried to the young trees, which do fine, but need some help during the hot and dry summer months. A box of a house in a dry flat can hardly be called a home, so many strive to get a real home, to create home feeling, something to enjoy amid the hard work, something the growing boys and girls will appreciate, that will make them love the home on the farm and prevent their leaving it."

WASHINGTON.

"We hereby petition that the Government appropriate funds for irrigation purposes on the upland region of western Washington, either by artesian wells, concentrating spring sources, or otherwise. The Government has long since recognized the arid district of eastern Washington by supplying irrigation plants, thereby causing them to become strong competitors against western Washington markets in produce, where if the same provision were made in water supply, the upland country of western Washington would compare favorably in the market value of products.

A man: "The department can give full advice as to the necessary importance of good and pure water—how to get water and keep it so as to have good water when needed—as you well know, there are many parts of the United States where it is difficult to obtain a good supply at reasonable expense and with limited means. The department can give instructions how to pipe water into house, barn, yards, etc., at small expense. If this can be realized, the department will take a heavy weight from thousands of poor farm wives' shoulders, besides adding materially to the health and welfare of a farm home."

SOUTHWESTERN QUARTER.

OKLAHOMA.

A man: "Another one, whose experience and ability entitles him to speak, says that the bathtub and the water-closet are of first importance. He affirms that the primary health rules will be continually violated as long as the bathtub and water-closet problem is unsolved."

HEATING AND LIGHTING.

Many letters dealing with these subjects will be found in the sections dealing with labor-saving devices, machinery, water supply, etc. In those that are appended herewith the feeling is general that the old-fashioned oil lamp and wood or coal range are antiquated and should be replaced by less cumbersome and troublesome methods of heating and lighting. It is to electricity, naturally, that the majority of the correspondents look for relief from the burden of cleaning lamps every day and from much of the household drudgery. That more information will make electricity available to all, few doubt, and they look to the department for this information.¹

NORTHEASTERN QUARTER.

NEW HAMPSHIRE.

"A system of lighting the house and barns with acetylene gas would provide a stove for cooking, and this would save the farmer's wife from chopping wood for the fires and warming up the house in summer."

VERMONT.

"All would like it if there were an electric line and they could have lights in the buildings and use it to run machinery about the barn. Quite a few farmers have autos."

CONNECTICUT.

"Practical plans and instructions for installing, in the most economical manner, lighting plants and heating systems, to be installed by the farmer and his unskilled laborers."

OHIO.

"Some system for better lights. The old oil lamp is very unsatisfactory, and after a visit to her sisters in the city where you push a button and get plenty of good lights instantly, without one or two hours work daily to fill, trim, and wash several lamps, the farm woman comes back dissatisfied with her lot."

ILLINOIS.

"The lighting and heating of farm homes. The tenant farmer should be considered in this also."

A man: "Heating of modern country homes. Too many are still using the heating stove in their homes, making any amount of dirt, dust, and sand and extra work for the women. Every home could install some kind of a heating system, according to their financial circumstances—hot water, steam, or hot air. I would recommend hot water for a dwelling house."

MINNESOTA.

"By aiding in the adoption of a fuel other than wood or coal in cooking, heating, etc., to reduce the amount of dirt and dust the housewife combats daily. The common manufacture and use of denatured alcohol seems to be the reasonable solution of this problem. Personally, you can aid me by sending all the information available on the subject of 'denatured alcohol,' its manufacture and use, and the

¹ Information has been collected with reference to the relative efficiency of different fuels and equipment used for cooking and heating; the relation of wall finishes and colors to light; proper location of windows; and artificial lighting systems, with special reference to their relative efficiency, economy, and ease of manipulation and care. Such information has been furnished in bulletins, through correspondence and by means of conferences. Other material relative to those subjects is now being prepared for publication. The following bulletins have been published: Farmers' Bulletin 270: "Modern Conveniences for the Farm Home." Farmers' Bulletin 517: "Lighting Farm Houses." Farmers' Bulletin 607: "The Farm Kitchen as a Workshop."

machines and contrivances made which require it as a fuel and are used in the farm home."¹

"I think that if it were possible to have legislation to improve the heating, lighting, and ventilating of the farm home it would add greatly to the health and happiness of the farmers' families."

SOUTHEASTERN QUARTER.

MARYLAND.

"A modern heating method instead of several stoves, which the wife generally attends, filling her house with dust and ashes. Electric lights instead of washing several kerosene lamps every day. None of these are expensive improvements, and yet they save so much drudge work."

KENTUCKY.

"If there is one thing more than all else that would be the greatest of all help it would be to have gas or electricity to cook the three meals a day with. That must come some way or somehow. A smoking coal range has come nearer making me lose the little religion I am all the time trying to have than all else pertaining to housekeeping. This everlasting fire making, emptying of ash pans, cleaning off top of range, out soot box, and so on gets to be repulsive in the extreme. If we could be supplied with some kind of heat we could depend on it would certainly be a relief."

NORTHWESTERN QUARTER.

NEBRASKA.

"The fuel problem is one of the worst to solve. We pay \$7.50 for coal, often the screenings to the heavy coal going to other towns, and this one item causes much distress on the renters and real poor people, for we always have them with us, as Jesus hath said."

MONTANA.

"A bulletin on heating and lighting for farm homes would be very acceptable to us homesteaders who are hoping to build comfortable homes some day."

WYOMING.

"Electric light on the farm is now possible at a very reasonable cost and without skillful management. The coal-oil lamp and eyes which are failing with age mean dull evenings. While the introduction of this improvement can not be as general as some of the others, yet the ordinary opinions of the cost and difficulties are greatly exaggerated, and it would be well to bring it to the attention of the public. I have had a brilliantly lighted home for four years at small expense and little trouble. I would consider it a dreadful hardship to go back to kerosene."

SANITATION AND VENTILATION.

Lack of proper sanitary conveniences is said to be one of the most serious drawbacks to rural life. Many writers discussing this subject say that these things are insisted upon in towns and ask why they should not be in the country as well. There are also complaints that the farmer does not appreciate the importance of proper sanitation and is, therefore, reluctant to expend any money upon it. The department is therefore urged to push a campaign of education, not only explaining the need of proper sanitation but describing also such modern devices as septic tanks for securing it. In this connection the problem of ventilation is also discussed together with the evil of the house fly breeding in neglected piles of manure and garbage.

¹ Farmers' Bulletin 269: "Industrial Alcohol: Uses and Statistics." Farmers' Bulletin 429: "Industrial Alcohol: Sources and Manufacture."

The bulletins already published by the department on these subjects are obviously unknown to many of the writers. Others, better informed as to what has been done, urge that the work be extended and developed. The majority, it is clear, ask for education in, rather than legislation on, sanitation and hygiene.¹

NORTHEASTERN QUARTER.

MAINE.

"Information on the care of rooms, especially ventilation of the sleeping rooms."

MASSACHUSETTS.

"On the side of rural health; articles emphasizing the need for better ventilation. Let the windows of the farmhouse be fitted so that they can be easily and quickly lowered from the top down as well as raised from the bottom. The need for admitting fresh air is fairly well understood; but few, even in cities and both private and public offices, know the need for providing escapes for foul air. This discussion might well be intended equally for everybody, since conditions are equally bad in town and country. Churches are known for their foul air and infrequent ventilation. Articles pointing the direct connection between failure to have house water clean and pure, and different diseases, e. g., typhoid fever. The need for cleaner, purer food. And may not the patent medicine nuisance and drain receive proper discouragement? Articles pointing out the desirability of more general use of the farm toilet and bath as a preventive against numerous diseases."

"Good drainage and other sanitary conditions about the farmhouse which go to make life healthy and comfortable. I believe farms should come under city laws in regard to water supply, sewage, garbage, outhouses, pig houses, barns, and stables. When this is done there will be fewer city people go back from their summer on a farm and have typhoid fever."

"Proper drainage of sinks and closets in the average rural farmhouse is sadly neglected, and is one of the most important items to be considered."

NEW YORK.

"Make more widely known the septic-tank device for the sanitary disposal of sewage, showing how easily and cheaply they are made."

"That the principles taught in the farmers' institutes in regard to sanitation, sewage, etc., be applied in the women's meetings, teaching them these things in connection with the home."

"The matter I wish to speak of is largely chargeable to the fact that most farmers' wives have no share in anything on the farm but the labor. They are expected to do their own work and as much of the out-of-door work as they can, but none of the income is theirs. If it were, few of them would endure long the inconveniences which they now endure in regard to closets, water supply (which in nearly all cases in our

¹ Cleaning is an important feature of household sanitation. A study of the relative efficiency of house hold equipment and methods employed in the cleaning processes form a part of the work of the Nutrition Investigations. At present the household problems being studied include the relative sanitary value and efficiency of different kinds of interior finish, materials for use as floor and wall coverings, and household methods, equipment, appliances, and utensils, in so far as they concern the housekeeper directly. Valuable data regarding ventilation problems have been accumulated in studies made with the respiration calorimeter and information has been supplied by conference and correspondence. The question of the removal of kitchen wastes and household drainage has also been studied. Other bulletins are planned as the result of further studies of these problems from the standpoint of the housewife, which are now being undertaken.

Farmers' Bulletin 44: "Remedies and Preventives against Mosquitoes." Farmers' Bulletin 45: "Some Facts About Malaria." Farmers' Bulletin 45: "House Flies." Farmers' Bulletin 46: "Sanitary Privy." Farmers' Bulletin 47: "How to Prevent Typhoid Fever." Farmers' Bulletin 48: "The Stable Fly." * Farmers' Bulletin 52: "Sewage Disposal for Rural Homes." Price, 5 cents. * Farmers' Bulletin 54: "Farm Water Supply." Price, 5 cents. Department Bulletin 57: "Water Supply, Plumbing, and Sewage Disposal for Country Homes." Farmers' Bulletin 345: "Some Common Disinfectants." Farmers' Bulletin 369: "How to Destroy Rats." Farmers' Bulletin 450: "Some Facts about Malaria." Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 480: "Practical Methods of Disinfecting Stables." Farmers' Bulletin 547: "The Yellow Fever Mosquito." See also Appendix A, "Health and Community Sanitation," and Appendix F.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

vicinity could be remedied), cesspools, or proper drainage of some sort, etc. This, I fear, will never be remedied by any law, but will have to wait for the mothers to raise up a better class of men, trained to regard women and women's work as it should be regarded."

DELAWARE.

"Very simple hints about ventilation, sanitation, garbage, etc. Towns have a board of health. Is there such supervision for the country?"

OHIO.

"There should be compulsory legislation concerning the sanitation of the home. There should be very strict laws compelling every farmer to try to rid his place of flies. Issue more bulletins concerning the danger of the fly, as some people aren't aware of the danger of flies."

A man: "If the department can devise some way of awakening a desire for and succeed in imparting a fuller understanding of the principles of better sanitation and the causes or conditions favorable to the development of diseases."

INDIANA.

"The sanitary conditions are not what they should be throughout the country, especially in some localities, and right through my own community, where I have good cause to know. But what can one expect of a tired, overworked woman? If she had a house with modern improvements and the necessary outside conveniences, things would be different. Of course, we farm women can not expect these conveniences if the farmers are not in a position to give them, and what are the reasons? One may be, the land is not productive. Now if the Government would explain just what is needed in different soils—well, in fact, help the farmer to help himself—and when he makes a success naturally he will help the farm woman."

"The best disinfectants for home use. How to 'swat' the fly."

"We suggest you instruct her along the lines of ventilation and sanitation, telling her how to properly ventilate the different rooms, instructing her in the care of bed and bedding and also in care of carpets and furniture, telling her how and also why."

ILLINOIS.

"If the attention of the men was directed to the importance of sanitation about buildings and they were urged by others outside of their own family to provide farm homes with conveniences such as city homes of the same wealth and social position have, an improvement would soon be noticed in the health and happiness of the farm mother."

"Among other things we so greatly need in our farm homes, I am going to put sanitation first. How can the farm home be made a fit place to live, which in most cases under existing conditions it certainly is not?"

MICHIGAN.

"We know that conditions on a large percentage of the farms are discouraging and that the women folks have to toil from early until late with inconveniences that double their work. We believe that 75 per cent of the sickness in winter is caused by the use of an outdoor closet; one puts off the call of nature, and especially the children, dreading the exposure to the cold. A few modern conveniences that could be installed in every home at a small expense would lessen the labor half and would make more contented and happy women on the farm."

A man: "One of the problems is the water supply in the house, for convenience. Some farmers have motor power and some have windmills for pumping water in the house; put in toilet and bathtub, and make such other connections to the furnace or range, so they have hot water for the bathroom, and supplying water through the house so they would not have to carry the water, which would be a great labor saving for the housewife. All these conveniences can be had on the farm as well as in town."

"We need instructions in regard to proper ventilation of our homes, proper drainage, and care of kitchen sink."

WISCONSIN.

"The sewerage question is a big one. Country homes need it, but it should be something better than we have seen yet. Across the street from where I write plumbers have been at work for three days trying to open a clogged pipe. It was necessary to thaw the frozen ground and dig down a depth of 9 feet. The small houses in the outskirts of every city are a menace to public health. Open wells and privies are found not far apart; a continual stream of filth passes into the river. Don't tell us such water ever 'cleanses itself'. We know better. Disposal of sewage and garbage: Is it possible that these can be changed into fertilizer? Allow me to submit an idea of my own I've held for a long time, but a few months ago learned that it was not new but had already been worked out in the old country. It is this: It must be possible to do away with all impurity, including sewage, dead bodies, human and animal filth, and refuse of all kinds, and change into fertilizer. Then we may look for the new earth."

"The house fly is one of the worst pests in the summer time. If all farmers were compelled by law to keep their premises clean, I think the flies would not be so bad—if they had no breeding places."¹

MINNESOTA.

"To cause all farmers to haul all barnyard manure on to the land where it would not be a breeding place for flies to carry filth and disease germs into the house for the women to clean after."

MISSOURI.

"Have talks on sanitation and how to prevent disease."

SOUTHEASTERN QUARTER.

MARYLAND.

A man: "Advocate the removal of manure from the stable and from other places so that the flies will have no breeding places. Manure is sometimes allowed to remain in and around the stable for 12 months before removal. Advocate the use of septic tanks so that all waters from the house and other places may pass into them and so remove to a great extent the danger of typhoid fever."

VIRGINIA.

"Lectures on sanitation and ventilation in popular form, illustrated if possible by motion pictures. I, a farmer's daughter, living all my life upon a farm and knowing farm folks and their ways, believe there are no more poorly fed people in the world, no more insanitary conditions in the slums, than on the majority of farms; and nowhere greater tenacity in clinging to the customs of our foremothers than in the farmhouse."

"Explaining the necessity of sanitation and fresh air."

FLORIDA.

"All country women need some outside disinterested, yet interested, advice as to health, food, and sanitation, and many is the farmer who would 'pick up' his premises if he knew an inspector would be there to criticise them, when he won't do it otherwise."

"A practical and sanitary sewerage system for individual farmhouses, when not near river or lake, would be a real service to country women. Could not your department devise some plan for such a system? We can think of nothing that would mean more to women in the country."

KENTUCKY.

A man: "The garbage is not properly cared for. The facilities are not at hand. It is deposited in open buckets where it remains for hours and is then put in pens for pigs

¹ Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 540: "The Stable Fly." *Department Bulletin 118: "Experiments in the Destruction of Fly Larvae in Horse Manure." Price, 10 cents.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

near the domicile, to engender an unhealthy odor, or thrown out in the kitchen yard to attract flies. Closets are constructed in the back yards out of such scraps of material as are not fit for other buildings, and are not maintained with any degree of decency in many instances. All breeding places for flies."¹

ALABAMA.

"Sanitary conditions about the home and farm. Also to know the worth of pure, fresh air. There are hundreds of homes in the country among well-to-do people where the doors and windows are shut up at night, and all this tends to weaken inmates of the home. You go into rooms and find the air so stuffy you can hardly breathe. This may be off the direct line, but if a child is taken sick from this neglect it is the overworked mother who must be nurse, added to her numerous other duties."

MISSISSIPPI.

A man: "Poor, badly ventilated, badly arranged, insanitary and uninviting homes. Lack of toilet facilities around the home; frequently no closet; if one, never a sanitary one."

ARKANSAS.

"Lectures on sanitation are needed in both the country and the city. If the Government would send an inspector to teach house sanitation, many of the serious epidemics could be prevented. Instead of this, after the people are attacked by some dreaded disease, as infantile paralysis, the inspector is rushed off that he may advise with the people as to the best method of checking the epidemic."

NORTHWESTERN QUARTER.

SOUTH DAKOTA.

A man: "Care of the cellar. A good sanitary garret system. How to keep rooms in a sanitary condition—especially of hired help."

"Municipal authority compels sewage disposal, sidewalks, removing unsightly nuisances, such as weed growth and rubbish. Some such wise authority would improve the condition of most farms. Public health officers who will interfere with personal liberty to the extent of examining purity of wells and cattle-watering places, forbid people living over damp cellars, with leaking roofs, dark, unventilated rooms, keeping moldy, dust-collecting, moth-and-mice-breeding rubbish in attics. Especially should milk storage be inspected. Certificates of merit graded without fear or favor, also fines for demerit, might help the good work along. If we die with tuberculosis or whooping cough, recover from scarlet fever or measles, it should not be a matter of personal preference whether the house and clothing are disinfected."

WYOMING.

"I would like bulletins on sanitary improvements, inexpensive conveniences, and modern homes."

SOUTHWESTERN QUARTER.

OKLAHOMA.

A man: "Screens are seldom used, and sanitation is unknown in many farm homes."

TEXAS.

"First, I would like to see the campaign against the house fly made national, including every farm as well as every town and city. I have not seen the list of bulletins for the past few months, but so far as I know there has been no bulletin on the house

¹ Farmers' Bulletin 463: "The Sanitary Privy." *Department Bulletin 118: "Experiments in the Destruction of Fly Larvae in Horse Manure." Price, 10 cents.

*Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

fly.¹ A specific remedy suggested, with explicit directions, might help; but I believe a law making the use of certain devices and remedies compulsory in every household would help not only the farmer's wife but every housewife in the land. Second, in some States a law has been passed compelling every person buying milk in glass bottles to wash each bottle, and use it for no other purpose than a milk container, returning it to the owner clean. The menace from unclean milk bottles is appalling, as they so often spread disease; for when they are returned to the dairyman sour and dirty, it is almost impossible for the dairyman's wife to make them sweet and clean for the next day's use."

HOME ECONOMICS.

Many of the women writers and a few men seem to think that the department's opportunity to help lies largely in the field of providing specific instruction on many phases of home management. Many of the same writers also ask for specific instructions as to methods of educating children, not merely in morals and manners, but in kindergarten and school subjects which are made inaccessible because of the distance of the farm from educational centers. These letters also are closely related to the specific requests that cookery, sewing, and other home arts be made a part of the regular curriculum for girls in the country schools.

The subjects of hygiene, the use of medicine, care in emergencies, sanitation, rural nursing, and proper protection against contagious diseases are treated by many as an essential part of true domestic science for rural women. The specific recommendations on these allied topics will be found under the headings of Education and Hygiene.

The recommendations as to helping women provide a better dietary for children and adults, and organize their homes more effectively so as to introduce economy in labor, time, and use of material, in many cases take the form of requests that the department test out inexpensive means of getting water into the home and recommend machinery and devices for lessening the drudgery and saving the time of women in performing special household operations. These it has been found best to group in another section, under the general headings of Home Planning and Equipment.

The following letters concern the requests for instructions on domestic science, generally understood to include all household duties; also the specific recommendations that the women be instructed in the arrangement of budgets, care of servants, scientific management, and the utilization of waste products.²

¹ Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 540: "The Stable Fly." *Department Bulletin 118: "Experiments in the Destruction of Fly Larvae in Horse Manure." Price, 10 cents. See also Appendix A, "Health and Community Sanitation."

² For titles of publications see Appendix A, "Foods and their preparation."
For some 20 years past the Department of Agriculture, through its Nutrition Investigations, has carried on a study of the value of agricultural products as food in the home. This work has included studies on the nutritive value and digestibility of foods, their preparation for the table, the planning of meals, dietetics in the household in the country and town and in institutions, the care of food in the home, the prevention of household wastes, and numerous other related topics. This work has recently been extended to include similar studies of problems in the use of agricultural products, as clothing, shelter, and household equipment, and a study of household labor. General information and experimental data regarding the economic selection and use of clothing, textiles, household equipment, and household utensils are being collected as well as data regarding their care, repair, cleaning, and renewal, etc. At present a study is being made of the relative efficiency of various household methods of stain removal. It is also proposed to make a similar study of household methods and equipment for cleaning and laundry work. See Appendices for lists of publications.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

DOMESTIC SCIENCE.

NORTHEASTERN QUARTER.

NEW YORK.

"The majority of farm women are very ignorant of the fundamental principles that govern nearly all of their operations such as breadmaking, jelly making, and countless others. The New York State College of Agriculture has been doing a work that has shed much light on such subjects. At least it has been very helpful to me. They issue monthly a bulletin free to all farm women of the State, that deals with all phases of domestic science and all things pertaining to the home, concisely written and in such simple terms that even the most uneducated must understand. Of course, New York is already provided with this opportunity, but I know that all States have not so well an equipped agricultural college, and I can not help but believe that some such plan put into operation by the National Department would be very welcome to many women in isolated farm regions of the country."

"What farm women need most of all is a course in domestic science, in such form as to be readily assimilated."

PENNSYLVANIA.

A man: "So far as I have observed your department does a great deal more by way of circularizing for the farm man than for the farm woman. Circulars in domestic science and housekeeping should be more widely distributed, I think. The young farmer's wife is usually a girl without very much knowledge of housekeeping problems even, not to mention her profound ignorance of the bigger things involved, such as the adjustment of food preparation and selection for certain kinds of work at certain seasons; hygienic cleaning; economy in the kitchen, and a thousand and one other questions that may be made to contribute so largely to the success of every young farming couple. I am of course aware that you do something in this line, but my suggestion is that you do more. Some of the best works on household economy are in the hands of publishers who charge high prices for them and do very little to get them distributed to those in whose hands they should be."

"Sewing and domestic science are things in which farm women are interested, and if the right incentives are placed before her, the farmer's daughter may become an expert in poultry raising, calves, flowers, etc., and thereby increase the farmer's cash income."¹

OHIO.

"We would suggest that the department issue a plain book containing all the latest information on cookery, washing, and housecleaning."²

INDIANA.

A man: "I think that domestic science should receive more attention in the Government Yearbook and not so much commercialism. The country housewife needs this science more than the city woman and as agriculture is the great need of the farmer, so is domestic science of his wife."

ILLINOIS.

"We would suggest that mothers be educated or enlightened along the line of teaching their daughters that domestic or common things, which sooner or later fall upon the young farm wife, have more to do with building a happy home and molding the future destiny of the coming generation than the so-called higher attainments. Would have them taught that the science of right living is the foundation of all science—that domestic science should come first in education."

"The laundry problem. We ought to know more about the chemistry of soap."²

"Encourage household science in the rural districts to bring the town and country women in closer contact."

¹ See Appendix A: "Foods," and Appendix E: "Publications of the Office of Indian Affairs."

² See Appendix E: "Publications of the Office of Indian Affairs."

IOWA.

"Bring domestic science up to the level with agriculture, and you will have solved a great many problems that are before the world to-day."

MISSOURI.

"More short courses in domestic science and home economics."

SOUTHEASTERN QUARTER.

GEORGIA.

A man: "Fully 75 per cent of the young girls need to be taught more closely the subject of making farm housewives."

MISSISSIPPI.

"Domestic science. Perhaps many would say they could not take the correspondence-school course, but that they could attend meetings and gain a great deal of information from lectures on such subjects as canning, cooking of meat and vegetables, care of milk, danger of dust, of molds, of flies, drinking water, house ventilation, and what foods the body needs to keep it in perfect health. Learning to combine the farm products for that purpose would save many a doctor bill."

LOUISIANA.

"Above all do something to urge the mothers to teach their daughters to be good housewives. Domestic science can be better taught at home."

NORTHWESTERN QUARTER.

SOUTH DAKOTA.

"Few, if any, farm women have had the opportunity to attend high school where domestic science is taught. Information on these subjects we must get through other channels. Here your department can step in. Send us bulletins from time to time on these subjects. But mind you, if you undertake to do anything in this direction, let it be well-founded information in plain language."

IDAHO.

"Subjects suggested for bulletins are: Home laundering; recipes for cooking pork and preserving the same, similar to the one about mutton; meat substitutes; management of household work systematically."¹

COLORADO.

A man: "There is one thing that I notice the magazines are taking up which is in the right direction, and which the department could undoubtedly assist in, and that is in trying to get our girls to take more interest in household management. Several instances have occurred here in which farm boys have married teachers or clerks, intelligent, capable women who, while quite successful in their professions, are failures in the home. As a general rule country girls are an exception to this and very few are unmarried."

WASHINGTON.

"She needs the same knowledge which her daughter is receiving in the public school of to-day, i. e., she needs to know the science relative to her daily tasks, that she may become a thinking wife and mother, not an automaton or a follower of ancient traditions. The waste and destruction resultant from this ignorant way of doing things is appalling. It is one of the great reasons for the high cost of living."

SOUTHWESTERN QUARTER.

ARIZONA.

"That the Department of Agriculture prepare instruction for club work in domestic science and send out such instructions at least once a month."

¹ Farmers' Bulletin 391: "Economical Use of Meat in the Home." Farmers' Bulletin 487: "Cheese and its Economical Use in the Diet." Yearbook Separate 623: "Supplementing Our Meat Supply with Fish."

HOUSEHOLD ECONOMY.

NORTHEASTERN QUARTER.

NEW HAMPSHIRE.

"Home economics should be taught to the prospective home keeper."

MASSACHUSETTS.

"I think waste is one great cause of the high cost of living, both in the city and on the farm, and no laws can help it. Until such time as women awake to the fact that nutritious meals can be made from simple things, and that mending is a fine art, just so long shall we hear of neglected women and discouraged men. The money saved on these two items would go far toward bettering the condition of the women."¹

RHODE ISLAND.

"Publications for women, giving information on household management."

NEW JERSEY.

"Bulletins and circulars of information describing improved methods, ways of getting results on the line of least resistance, could be distributed. Much of this ground is covered by the agricultural press, but such matter coming from your department would command more attention."

PENNSYLVANIA.

"How to accomplish work necessary in and out of doors in shorter number of hours, thus giving family and employees more hours for recreation and amusement or improvement along other lines."

OHIO.

A man: "She should receive suggestions as to how to eliminate obsolete methods of housework. She should have access to the services of a 'kitchen-efficiency expert' such as manufacturing concerns employ to raise efficiency."

MINNESOTA.

"It is my private opinion that the farm wife is much like other housewives. She needs first of all to learn to choose between the necessary and the desirable. She needs to learn to do without that which costs more work than it is worth. She needs to acquire a new 'perspective' of life, and if the Department of Agriculture can aid in doing these things it will accomplish a great and noble work for the American farm wife."

MISSOURI.

"Teach women how to use their brains to save steps."²

"The housewife should have her work arranged systematically, in order to find time for her household duties and the many other things which she would like to do if she only had the time. If she can devise her work in order to have one-half hour each day to apply to some study or fancy work, or to write two or three friendly letters she has been neglecting, she will in one month's time have saved 15 hours, or 2 whole days of 7½ hours each. Some of this she might apply to organizing societies for the women, as the women should have more society."

¹ A great deal of information relative to economy in selecting foods and their nutritive value has been furnished which enables the housewife to select her table supplies more economically and often to realize that home-grown materials, the products of the farm, home garden, poultry yard, or dairy, etc., can be used to better advantage than anything which could be purchased. Attention is also given to questions of the extent of household wastes and their prevention. This information is available in numerous bulletins. (See Appendices for lists of publications on household matters.)

² Farmers' Bulletin 607: "The Farm Kitchen as a Workshop."

SOUTHEASTERN QUARTER.

VIRGINIA.

A man: "A specially prepared account book that will put her home accounts on a business basis."

WEST VIRGINIA.

"May I make the suggestion that instruction in labor-saving methods of working be placed within the reach of every farm woman and its advantages pointed out to her."

TENNESSEE.

"The great tendency of the times is for the young girl to leave her country home and go to the city for employment. Why is this? Simply because the work of the city looks attractive to her when in reality her farm life affords pleasures and attractions that the city can never afford. How shall we remedy this? Simply by showing them the beauty and surroundings of their country life. How different things would be if these young girls would really see that there is an art in the farm life, and that she can dress as prettily and have her home as neatly furnished as the city girl can, if she only knows how to do this. How does she learn to do this in the city? By seeing other people's fine clothes and homes. I think the greatest help the Agricultural Department could do for the rural woman would be to teach her the value of home economics."

ARKANSAS.

"I think with proper instruction that she could be taught a more systematic form of how to perform her housework."

LOUISIANA.

A man: "She has not been taught the importance of a better understanding of home economics; she has not been taught any improved method of housekeeping or how she could make the home more pleasant to herself and other members of the family. She has not appreciated the great importance of reading and learning the many 'short cuts' that by knowing she could save so many tiresome steps each day."

NORTHWESTERN QUARTER.

SOUTH DAKOTA.

"With so much work to do, the demand for efficiency becomes greater. She should be able to employ systematic methods of arranging her work so as to accomplish the most in the least possible time."

NEBRASKA.

"Tell us easier methods of housekeeping, that we may have more time for self-improvement."

KANSAS.

"Young men may be sent to school to learn to farm scientifically, but I know of no method that can reduce plain, healthy cooking, washing, ironing, scrubbing, garden making, poultry raising, butter making, sewing, and a thousand and one things the women of the West have to do, to a science."

"You might give us some bulletins on—'How I keep my family of four on three hundred a year.' There are a good many women do that here, and do it well, too. Some married men with families are living on \$30 per month wages."

MONTANA.

"In my life among farmers, this question has arisen time and again: 'Why must the farm woman be a drudge?' From the machine work springs the deadly monotony known only to farm women. In trying to work this out to my own satisfaction I came to the following conclusion: The average farm housekeeper has no system by which she works—she simply keeps going. This, year in and year out, until she becomes the above-mentioned machine, which does not improve with age. If she could be

taught that system is the element of good housekeeping as well as of any other kind of work, she would be a different being. In these days of efficient household machinery, home economics, short and easy ways of disposing of the housework, etc., we ought to find a few hours each day to devote to either social or intellectual pursuits.

COLORADO.

A man: "After advising with some of the leading women in the county, they are almost unanimous in desiring that plans be established for the purpose of educating them in the necessary household duties which fall to their lot. For instance, they find that many families can and do get along upon less than one-half of others. I hear no kicks coming from them about high cost of living. Of course they have their garden supplying fresh vegetables at all times; their cows producing milk and butter the year round, and the chickens, nice fresh eggs, with occasional fries which keep the store bills down to a minimum. From observation I can positively say that some families can live and live well on what others throw away. I do believe that education along these lines would be of more benefit to the women of the United States than anything else they could undertake."

"Business methods which every farmer housewife should understand. Sometimes a husband is taken away and the wife is so unacquainted with business methods that she is almost helpless."

IDAHO.

"From the very nature of her hardships the pioneer woman has had no time to keep up with the spirit of progress. In fact she has little interest in modern methods; she has also neglected to educate her children on these subjects; the younger generation learn but little of the newer ideas until they are old enough to get away from the farm. Very rapid has been the growth of the knowledge and the use of the new labor-saving farm machinery, new farm methods, textbooks, and lectures on husbandry, but after all how little consideration is given the farm woman? She still plods on bravely in the good old-fashioned way in spite of a disheartening scarcity of proper equipment. Is not the reason of this to be found in the lack of education of the farm woman along the lines of economics, domestic science, etc.?"

WASHINGTON.

A man: "Another thing that the housewife should know more fully is the art of economizing. Enough is wasted in the average American home to run almost twice the number of people in the present way. The housewife should know the principles of rural economy. Just how she should be taught that I can not say. It certainly is a great problem. Americans have always been extravagant. They must stop this or the increase in population should stop."

SOUTHWESTERN QUARTER.

NEW MEXICO.

"My idea of what would be of the most service to the farm woman would be a thorough course in the subject of home economics and system in home management which could be sent out in the form of a weekly bulletin or pamphlet."

CLOTHING, SEWING, FASHIONS, ETC.

NORTHEASTERN QUARTER.

NEW YORK.

"As a farmer's wife and mother of two children, I feel that any help in regard to sewing would be greatly appreciated, as I find that as hard as any of the work that falls to my lot."¹

NEW JERSEY.

"Laundry suggestions would be helpful, removing stains, etc."

¹*Chemistry Bulletin 165: "Leather Investigations: Composition of some sole leathers" (tells of common adulterants). Price, 5 cents. See Appendix E, "Publications of the Office of Indian Affairs," for bulletins on sewing, housekeeping, laundering, etc.

*Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

INDIANA.

"Some plan to simplify our homes and our manner of living and dressing. We would want this to be an advancement."

"There should be legislation as to the clothing of school children, thereby lessening the mother's work. All should be required to wear a simple inexpensive uniform, so that children of poor people may go clad as their mates from prosperous homes."

MICHIGAN.

"Information about new fabrics and what is most serviceable both for wear and housefurnishing."¹

A man: "Personally I will say that in the matter of women's dress, women generally, and farm women as well, are the slaves of fashion. In this they are binding upon themselves their own burdens. In this matter farm women at least ought to stand in a class by themselves as representing at once the practical and the economical. True beauty and comeliness in dress for either men or women is practical utility in connection with quality. Beyond that it is mere ornament, and not beauty or even good form. There is also a moral side to this dress question which, while not relevant to this matter, would be rightly settled if women would come into their own right in a practical way. When farm women as a class will stand right for a standard of utility without the frills that puts the approximate cost of the extras into quality, the greatest step in modern progress on these lines will have been made. If this appeal, as such, could find response by the farm women of this country, their burden would at once be lightened and society benefited to an untold degree."

"The terrible fashions woman is prone to try to follow are not uplifting. If woman could strike a happy medium in clothes and not be constantly changing from one style to another, it would be better for them. Of course one does not need to follow styles, but no one likes to be away out of date and look different from others."

MISSOURI.

"Invent some kind of an adjustable aluminum chain shirt so us women won't have to be always patching."

A man: "My observations are that too many mothers are trying to do all the household duties, allowing their girls to idle their time with foolish fashions. In many homes it takes all the money the parents can get to keep their girls dressed to keep up with so-called society. It is my opinion that the high cost of living and style is hurting the people more than any one thing. I think people are generally dissatisfied because their income is too small to keep them up with the fashions, and if there could be some reform along this line it would be advisable."

SOUTHEASTERN QUARTER.

VIRGINIA.

"I would impress on all mothers to use a fashion of their own and have their girls dress in a comfortable, modest way."

GEORGIA.

A man: "The same thing (waste and lack of information) applies to the wearing apparel, in preparing common cloth goods in a neat and tidy appearance. I take notice in my traveling through rural districts of a great many families having costly dresses on and they are made in such a tacky way that they don't improve their appearance from an ordinary calico dress with neat fittings."

ARKANSAS.

"Let us not look to the physical and financial needs alone, but to the moral as well. If the American women are content to follow the fads and the styles of the disrepu-

¹ The department is undertaking studies regarding the economic selection and use of textiles for clothing and other household purposes. It is proposed to study the relative efficiency and suitability of these textiles from the standpoints of wearing quality, ease of cleaning, protection from heat and cold, and hygiene. The questions of care, repair, renewal, and cleaning of clothing and textiles are to be studied. Although no publications have yet been issued, information is supplied by correspondence and it is expected that the results of investigations now in progress will later be made available in publications.

table Parisian women, then it is time for our broad-minded Government to take a stand for correct dressing. When a woman dresses immodestly she is immodest. The department would not be asked to state what a woman may wear, but what she may not wear without paying the penalty, and let it be a heavy one."¹

LOUISIANA.

A man: "Not more than 50 per cent of the country women know how to sew properly and this fact causes the farmer to lose many dollars every year, as many costly pieces of cloth are ruined, not being made right. The demonstration agent could render valuable service here by giving the farm women lessons in dressmaking and the best patterns to go by. This would tend to elevate the family as any family will go to church and other places more if they are fixed neatly."

NORTHWESTERN QUARTER.

NEBRASKA.

A man: (Suggestions read and adopted at a meeting of the Ladies' Society of the Swedish Methodist Episcopal Church.) "We want the fashions to be limited to a good variety of the plainest and most becoming and useful garments and have all the others prohibited. The fashions are not only scandalous, but it is overtaxing every family in the country more than any trust, and makes it harder for all to live and the women can not avoid it. If they are to buy any clothes, they have to buy what there is. The Congress only can put an end to the misery, and the use of birds on hats should be prohibited because we need the birds to eat bugs and worms that destroy the crops on the farms."

KANSAS.

"Forbidding the wearing of extreme and indecent clothes by girls attending high school, which is now practiced by most high-school girls."

"We have rummaged our garret and talked to neighbors' wives until our time is almost expired, and here is our suggestion: A home dressmaking chart, containing copious notes and explanations, that wives may teach themselves and their daughters how to make any kind of garment or cap by measure. Of course they can get all this if they have the price. We think this would result in the greatest saving and make for independence more than any other thing the department could do."

IDAHO.

"Warm, sanitary, and moral clothing for country children."

"The 'art and appropriateness of dress' would be appreciated. Too many farm women do not dress to suit their work or position—they try to imitate the town people."

INSTRUCTION AS TO HYGIENE, PROTECTION AGAINST CONTAGIOUS DISEASES, CARE OF THE SICK, FIRST AID, MEDICAL SCHOOL INSPECTION, AND THE USE OF ORDINARY REMEDIES.

One hundred and seventy-two writers, representing 40 States, urge that the department, through printed material, lecturers, or a bureau especially established for the purpose, instruct the women on the farm how to care for their sick, prevent contagion, improve hygienic conditions, and introduce proper sanitary measures on the farm. Some of the mothers seem to envy their city sisters because they have ready access to the advice of physicians, charging small office fees, and can attend lectures given by trained nurses and educators on the care and rearing of little children.¹

In many of the letters need for knowledge in cases of childbirth is strongly emphasized. According to the different writers, this information should cover the care of the mother during the prenatal

¹ See Appendices A, C, D, E, F, for lists of publications on health sanitation supplied by the various departments of the Federal Government.

period; what to do at parturition; the care of the mother and child after birth; and finally, information as to how to bring the baby to a healthy and happy childhood. Apparently in many cases the life and health of the country mother and child depend largely on the experience or intelligence, or accidental medical skill of neighbors. A few argue that midwives, because of their moderate charges, should be allowed to practice.

Many writers, particularly those in the less thickly settled sections, complain bitterly of the large fees, up to \$25, charged by physicians, and some frankly state that medical and dental attention is beyond the average farmer's reach in their localities. Several request the Government to supply them with information as to what to do in emergencies, which at least will be an improvement over the present lack of knowledge, coupled with financial inability to pay for skilled advice. One asks the department to publish a "doctor book." Another states that parents in her locality give their children bird shot as medicine.

There is in several letters a note of complaint that the Government in cases of hog cholera or other animal diseases stands ready to help them by advice, or to send a specialist to their assistance, but that where human life is concerned they have to take their chances and face illness and emergency in helpless ignorance.¹

The idea of rural nurses, judging from the letters, seems to be gaining in favor, as does also medical inspection of country schools, which is coupled with the thought that teachers should be given some instruction on how to detect ordinary physical defects and contagious diseases of children. Some writers seem to think that medical inspection would be invaluable, as it would bring to attention defects in children, such as adenoids, defective sight or hearing, and bad teeth, which would remain undiscovered and unremedied because of their parents' inability to get to town, or lack of money to pay a high fee to a physician for a personal visit. This would seem to indicate that the plan of using the physician as a sanitarian and preventer of serious illness, rather than calling him in merely in case of dire illness, was receiving attention in rural districts.²

The following are extracts from typical letters:

NORTHEASTERN QUARTER.

RHODE ISLAND.

"Bulletins would be valuable on the following subjects: A list of objectionable and harmful drugs and medicines; medicinal herbs and how to raise them; home remedies for minor ills and accidents."

NEW YORK.

"A physical knowledge of her need of outdoor exercise. So many think the exercise of doing the housework quite sufficient, and don't see that their strength would increase with outdoor walking."

¹ The live stock diseases which are investigated and treated by department inspectors are contagious diseases which are liable to spread from one State to another and cause great damage. The department does not furnish inspectors to treat the ordinary noncontagious diseases of animals. In the case of contagious diseases among people the State, municipal, or national health authorities usually intervene with full as much vigor as the department does with regard to contagious animal diseases.

² The American National Red Cross, Washington, D. C., through its Town and Country Nursing Service, will supply information as to the employment of nurses in rural districts for nursing, school inspection, child welfare work, prevention of tuberculosis, sanitary inspection, and the organization of clubs and classes in hygiene for young people. It also supplies information on the organization of classes in first-aid and home care of the sick for women. Its publication, "General Outline," contains suggestions for organizing a local nursing association.

"Women generally lack scientific training and knowledge of physiology and hygiene."

"What is wanted in the farm home is a knowledge how to prescribe natural remedies and also a better and more rapid dissemination of information regarding disease prevention by health bulletins. Surety citizens are entitled to as much protection as cattle."

PENNSYLVANIA.

"Thirdly, but not the least, is the care of self. A bulletin or pamphlet or leaflet stating concisely simple matters as to rest, ventilation, health, recreation, etc."

"It is also necessary to suggest some things to follow in order that we may be able to keep well in order to work."

INDIANA.

"To know how to live so as to keep our families in perfect health, and knowing how, to be able to go ahead and do it."¹

"One of our farm papers says when a member of her family became ill a woman wrote to the Government asking aid. She was told there was no help for her. But when a hog took the cholera a specialist was sent immediately. It has been suggested that we need a 'visiting nurse' and physician paid by the year to keep us well."

"Foods and their relation to public health, and rules for proper care of contagious diseases in the home."

"Also a set of bulletins on the sex life, and some showing the value of a clean married life."

ILLINOIS.

"There is a strong desire for more knowledge of hygiene, and better skill in the care of the sick."

MICHIGAN.

"Teach them, among other things, how to take care of the sick, and how to prevent diseases, especially tuberculosis."

"First, does the woman on the farm need more purely technical training? When one considers that 80 per cent of the women in rural districts have received no more than a grammar education, and that in the public schools of the rural districts in the State of Michigan there is no provision made for the teaching of either domestic science or hygiene, other than the rudiments of physiology, can it be wondered at that the woman on the farm knows less about these two essential subjects than does the average child of 14 in our city schools? There is but one answer to this problem and that is that a certain appropriation be made for each county for the purpose of providing a competent instructor in the elements of the science as applied to foodstuffs and cookery, and in the plainer forms of hygienic nursing; and above all, in the proper care of very young children. This instructor will be able to give both the young girls and the older women the training which they have no other method of gaining."

WISCONSIN.

"A list of simple drugs and medical helps to be kept on hand, with directions for use. A sort of manual of first aid."²

"Above all things model nurseries where the ignorant young mother may be taught to feed and care for the babies in health or sickness. There should also be a trained visiting nurse paid by the town, who could give needed aid and advice in case of illness. No person except a trained midwife or doctor should be permitted to officiate at the birth of any child, as the health of both mother and baby is often endangered or permanently injured by ignorant persons attending at such a time. Further, the health of the children and others should be safeguarded by strict laws prohibiting dry sweeping of schoolrooms or other public buildings and a penalty fixed for violation of same. Dry sweeping in schoolrooms is a prolific cause of infection of all kinds of throat and lung and also other diseases among children. Free medical inspection of school children should be compulsory, as many parents are careless or too poor to employ doctors except in cases of very serious illness."

¹ See Appendix F, Public Health Service publications, "Fighting Trim" and "Mental Hygiene."

² See Appendix E, "Medical Handbook," and Appendices C and F for other suggestions.

"I would suggest the enactment of Federal laws favoring a better regulation of eugenics, compulsory physical examination of both contracting parties. The future of our country depends on healthy offspring and clear-brained citizens. Also making it compulsory for physicians to report venereal cases as well as other contagious diseases."

A man: "Farmers' wives as a rule go into marriage too ignorant; they have not been taught first of all how best to take care of themselves during all of the trials and troubles that come to them after they are married; and go on the farm and then in a very few years they are broken down in health or in their graves for the simple reason that they were too ignorant to take care of themselves."

MINNESOTA.

"If a visiting nurse could be sent among the rural mothers, especially the beginners, we believe that would be a blessing both for the babies and the mothers."

"Literature should be sent directly to the farmer's wife pertaining to the care and diet of children, sanitation, how to keep well without forever consulting a doctor, and the injurious effects of patent medicines and the trash literature sent through the mail."¹

MISSOURI.

"We are heartily in favor of nurses being provided for rural districts."

"That doctors be placed on salaries by the Government."

"The need of helpful reading books and magazines pertaining to health, care of the home, books that glorify motherhood."

"We would like to see the establishment of a Red Cross rural nursing system, where we might feel assured that we could obtain a competent rural nurse to assist us in caring for our sick, and especially to help inform the mothers of little children how best to care for and rear them in order to have them develop into strong, sturdy American manhood and womanhood."

SOUTHEASTERN QUARTER.

MARYLAND.

"Better medical attendance—better grade and quality of physicians instead of the type usually found in districts remote from large cities or towns."

VIRGINIA.

"Give us information about sanitation of the house, home treatment of common diseases, and the methods of fumigating and disinfecting."

"I would impress on all mothers to guard against germ diseases, and to look after the children's teeth. In our section these things are very sadly neglected."

"I believe health inspection for country schools must be one question for solution in the near future."²

A man: "A bulletin on home sanitation, the care of the body while at work and at rest."

NORTH CAROLINA.

"If a farmer's hog or horse is sick he is allowed to call in a specialist free of charge. And if a child gets sick and the family doctor has done all he can, a lot of children die because they are not able to have a specialist."

SOUTH CAROLINA.

"I think a bulletin along the line of cleanliness would help. I am sorry to say that lots of our southern women are not as careful along that line as they should be.

¹ Farmers' Bulletin 138: "Weeds Used in Medicine." Farmers' Bulletin 377: "Harmfulness of Headache Mixtures." Farmers' Bulletin 444: "Remedies and Preventives Against Mosquitoes." Farmers' Bulletin 450: "Some Facts About Malaria." Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 463: "The Sanitary Privy." Farmers' Bulletin 473: "Tuberculosis." Farmers' Bulletin 478: "How to Prevent Typhoid Fever." Farmers' Bulletin 549: "The Stable Fly." Farmers' Bulletin 345: "Some Common Disinfectants." Farmers' Bulletin 309: "How to Destroy Rats." Farmers' Bulletin 449: "Rabies or Hydrophobia." See also Appendices A, E, and F.

² See Appendix A: "Rural Nursing."

Information in nursing the sick, and well, too, would be well enough. Cooking is not what it ought to be. Any information along the line of health would be acceptably received. I think there ought to be a law passed to compel everybody to have their families quarantined when they have measles, whooping cough, diphtheria, chicken pox, and all contagious diseases. It would save lots of trouble to anxious mothers and would save many doctor bills besides."¹

"Information with reference to the nursing of the milder types of ailments usually treated in the home, especially those of children—measles, tonsillitis, ordinary colds, also emergency palliatives while waiting for a physician, sometimes difficult to get or long in coming. These hints and suggestions should be based on the appliances to be found or extemporized around an ordinary farmhouse and written in everyday colloquial English."

"A large per cent of our people are victims of indigestion, catarrh, tuberculosis, etc., before they are old enough to know anything about the laws of health. So we decide that the first great need among our rural women is enlightenment upon these lines."

FLORIDA.

"Dietaries for invalids with different diseases, and emergency medical treatment for wounds, poisoning, drowning, and sudden sickness.² House ventilation, flies, mosquitoes, and the diseases they carry, the care of children, the house water supply, cisterns, dug wells—the common form earth closet, chicken yards and farm yards and location where they will contaminate the water supply."³

"The first big need is a Federal health or medical inspector, one for each district, such districts to be not too large for practical helpful work. This inspector might in some instances be only a trained nurse with liberal outlet through her to larger source, but if possible a regular practitioner, preferably a woman, but in any case appointed by the Federal agricultural authorities, one outside of neighborhood relationships and prejudices who would command the respect of the men of the farms—preferably, however, an individual who has known country life from practical experience, first of all. This medical inspector should have authority to demand kitchen appliances which conform to certain up-to-date requirements. First of all, because it is in the kitchen that the average farm woman meets Goliath or 'auld Hornie himself,' without proper weapons of defense, and because it is upon the kitchen, so far, that the whole farm depends, whether the farm wife herself does the cooking or not. Even if she should not, she can not keep reliable helpers unless the work is made easier for them than the average farmer permits it to be made. It is often upon the height or lack of height of a kitchen sink that a woman's health depends. Men almost invariably put in low, back-breaking sinks which soon kill. But there are many well-to-do farmers who provide no sinks at all for their wives or the latter's helpers, and to mention such needs, or the absolute needs of decency in regard to toilet conveniences, few farmers pay any heed when it comes from their own 'women folk.'

"I believe the kitchen should be considered even before dairy inspection, because a farmer will frequently have his cows tested for tuberculosis and their stalls, etc., as well as the milk and butter appliances up to sanitary standards yet neglect the health requirements of his wife, and she should be protected first. It is usually the kitchen which is the cause of farm women's ill health, and, that cause removed, general conditions would improve, for when a farm woman is well and strong she can and does accomplish miracles. But I do not mean to minimize the frequent causes of ill health among farm women aside from those caused by kitchen evils. Perhaps you have already had called to your attention the fact that the women living at Panama under Government 'inspection,' their physical condition looked after free of charge, are as a rule better in health by far than when they went there from the States. This, I am told by those who have lived there, is because so many women suffer from lack of necessary operations, operations often simple enough if done when needed, but causing grave complications or general ill health if neglected. And the average family neglects those things because the immediate expense seems great.

¹ See Appendix A: "Health and Community Sanitation," and Appendix F.

² See Appendix E, Department of the Interior publications: *"Lessons in Cooking for the Sick and Convalescent." Price, 5 cents. *"Medical Handbook." Price, 50 cents.

³ Farmers' Bulletin 444: "Remedies and Preventives Against Mosquitoes." Farmers' Bulletin 450: "Some Facts About Malaria." Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 463: "The Sanitary Privy." *Department Bulletin 118: "Experiments in the Destruction of Fly Larvae in Horse Manure." Price, 10 cents. Farmers' Bulletin 450: "The Stable Fly."

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted) to the Superintendent of Documents, Government Printing Office, Washington, D. C.

"There are, I venture, thousands upon thousands of well-to-do farmers' wives who need just such attention but can not have it, for it matters little whether they live 5 or 25 miles from a railway station, the principle is the same; the general conditions of life and farm men's minds are the same wherever these women are.

"The horses can not be spared,' or the farmer himself 'has not time,' or the wife herself is made to feel that everything else is of greater importance and her time can not be given to such foolishness as going to see a doctor or to a hospital. But a medical inspector who is a physician could prescribe at once and see that directions were carried out. In cases where imperative but impossible financially the Government should do this to save its country people as the free clinics or hospitals do it in cities for the citizens. Thousands of farm children, too, have died from lack of what their mothers knew they needed and doubtless asked many a time for—a doctor called. Farmers disregard symptoms, make light of 'colds,' etc., and it is just here that a medical inspector would save life by prevention. These principles are applicable to those who have no money, naturally, as well as the wives of the well-to-do, so it is not necessary to dwell upon them, though I could tell you of cases of lives which even a district visiting nurse could have saved by stopping illness in time and giving instructions as to cooking proper food, as well as properly cooking food. All country women need some outside, disinterested, yet interested, advice as to health, food, and sanitation, and many are the farmers who would 'pick up' their premises if they knew an inspector would be there to criticise them when he won't do it otherwise. I know that there are many high-minded, fair-minded, liberal farmers, but I do not believe that they are in the majority. I do believe that the liberal, fair-minded farm women are. But the latter are being unnecessarily 'killed off,' as the Florida Crackers say, and we are, therefore, losing almost the best type of human being in the United States by neglect."

"I notice that the farmers more than the city people, on the average, do not know the value of fresh air, especially in the sleeping rooms.¹ If the general health of the family is improved by proper diet and fresh air, the women of the home are directly benefited."

"Why do you spend a fortune on treating sick hogs and cattle? How about babies? Our children die from simple lack of knowledge."

KENTUCKY.

"Grant us, if possible, a department whereby may be obtained knowledge or assistance from expert physicians at a minimum cost when needed, for many farmers can not pay prices demanded by these specialists without mortgaging their homes, or otherwise jeopardizing their financial prospects, and unfitting themselves to provide for the future needs of the patient."

TENNESSEE.

A man: "One case of typhoid fever lasting six weeks, attended by a doctor in his auto, cleans up our four bales of cotton, which is the average, and leaves the balance of our family to starve with a big medical account at the drug store. These doctors and druggists are all combined, and consequently we have to pay their charges or we are put on the 'black list,' and we then can get no other attention from that profession. It sometimes happens so that these merchants take all of our cotton and we can't pay our doctor bills—when this is the case we are put on the 'black list.' This thing took place here in my family. Not only that, but a case, it is said, of this kind happened about two years ago where a woman was confined but her husband was disabled from paying his former doctor bill, and when another doctor was called to see her and found this man was black listed, he left her in her terrible struggle and went back home. In the meantime a preacher was sent for. He stayed with her during the struggle, which lasted all night till near break of day, and then the woman died, not being able to be delivered. It is said he was so disgusted after doing all he could and seeing the terrible agony this woman suffered before death came to her relief, he said that 'Any country that suffered such a thing as that to take place was not fully civilized.'"

ALABAMA.

"Our school children need medical examination such as city children have."

¹ See Appendix F for publications on overheated dwellings and schools.

MISSISSIPPI.

"More effective laws governing sanitation in country homes in reference to contagious and infectious diseases; compulsory screening of dwellings and all garbage that is liable to carry disease germs.¹ I am not certain whether the department wants suggestions on such things as better health or not, but in my opinion it is very important as regards housewives and home makers."

ARKANSAS.

"We need a law to prevent a doctor from using an opiate for everything from the toothache to cancer."

"I am of the opinion that women on the farm should be protected from quack doctors and humbug agents of all kinds."

LOUISIANA.

"The general assembly (Congress) could establish a health department and a domestic course. The health department might teach mothers about the things most vitally concerning their progeny, as well as themselves, such as eugenics, the selection of balanced meals from her simple foods to keep the children growing properly, a chart of the proper proportions for these children, so that she may rear prize winners. Warnings against the neglect of hookworm, adenoids, etc."²

NORTHWESTERN QUARTER.

NORTH DAKOTA.

"There are many ways the rural home keeper could be helped, but, not thinking of any of my own needs, I plead for the mother who sends nice, clean children to school to associate and be with children that have no care and are sent to school with dangerous germs or filth upon them, and odors that annoy both pupils and instructor. We have hotel and restaurant inspectors, fire and revenue inspectors, and build sanitariums for tuberculosis patients, and all we can do, but some of the inmates of these same homes are dangerous seatmates and playfellows. It seems such a long way around to get those homes cleaned up, to wait for these little tots to grow up and take the places of those who are at the head of the homes now. What is needed in this case is a home inspector. This would be a new officer, or maybe there are those who do this work, but have not heard of them. The reason I am so sure this is needed is because of visiting homes during sickness, since coming to North Dakota (eight years ago) and knowing something of the kind is needed."

"A real good doctor book written by an intelligent mother in everyday language which will tell you just what to do in a crisis instead of calling a doctor. Which can tell you how and why and when to give a good dose of castor oil, or a thorough application of peroxide or vaseline, Jamaica ginger, corn starch, or red pepper or anti-phlogistine. Also how to use disinfectants—chloride of lime, formaldehyde, and whitewash. Just give one a good common understanding of simple remedies and preventives."³

"In our community, where we are 25 miles from a railroad, some help from the Government would be appreciated to help in immediate cases of illness. One neighbor's opinion is that a woman organization be organized and meet once a month, and at such meetings a nurse be sent to give instructions in case of sudden sickness of small children, especially.⁴ While it is true magazines, etc., contain many helpful things for mothers, there are many poor farm wives who can not afford such and many more who are ignorant of such."

"The greatest need in our community, which is situated in prairie country, subjected to terrible blizzards, and with roads almost impassable or no roads at all, is rural nurses. Women on homesteads often die in childbirth and the life of the little stranger is often lost also, because of no doctor and no nurse. If the department could find a way to have a rural nurse system established it would be the best assistance for the women in this locality ever known, where we sometimes have to go 30 or 40 miles to a doctor, and by saving the lives of the women and children who could estimate the hundreds of thousands of lives saved for the nation?"

¹ See Appendix F for publications on care of contagious diseases.

² See Appendix E, Childrens' Bureau.

³ See Appendix E, "Medical Handbook."

⁴ See Appendix A, "Rural Nursing," which describes classes in hygiene.

NEBRASKA.

"Have bulletins compiled teaching us how to care for our children to keep them well; also implicit directions for home nursing during illness."

A man: "We want the publicity of vice diseases. It's no reason why such as have such diseases should not be quarantined, as well as other catching diseases, until they be cured. There are operations to an alarming extent and many innocent women have to suffer the consequences of those diseases."

KANSAS.

"Establish places where unfortunate cross-eyed, hare-lipped, clubfooted, and otherwise maimed and ill children and older ones may be set right with no more taint of charity than exists in regard to public schools. Common-sense courses in nursing common diseases would be a godsend to every community."

"Let conservation of human life, and particularly of the country housewife, be taught our country youth."

A man: "The present adult generation has very little correct knowledge of microbe or fungus or their effects, or of why air is bad, why milk dishes should be scalded and set in the sun, why dishwater should not be thrown out at the kitchen door, when food is healthful and why a balanced ration for children and what it is. Treatment of these and kindred subjects, very plainly written and widely distributed, would help very much."

"There are some laws that need fixing—one regulating the doctors' fees. They are very much too high. People get sick and have to have a doctor, good or bad, and they must put up on the spot, or, in other words, spot cash. Lots of people have not got that these hard times. If the fee was, say, \$5 instead of \$15 or \$25, they might meet it. A doctor has no more right to \$25 or \$75 a day than the farmer or wage earner in other occupations. Another: I see no sense in having to go to the authorities to find if you can bury your dead. Do they want them left on top of the ground? They must be buried, but the doctor must say, then the county officer—another office is created, another big draw on the taxpayer to pay these high-salaried clerks."

A man: "I took my wife to the dentist the other day. He wanted over \$100 to fix her teeth, and I can not afford to have it done, and the result is that she will lose her teeth, and still I raised 3,500 bushels of grain. This is a fact. (Complaints of bad marketing conditions. Everything the farmer has to buy is going up in price, and everything he has to sell is going down; high interest, etc.) In this new country the doctor is usually too far away and unreasonably expensive. If the country minister or clergyman and doctor could be combined and each farmer assessed a reasonable amount every month for his salary, we should have better service from both doctor and clergyman. Foreign missionaries have medical training, why not the country clergyman?"

"It may be putting it pretty strong to suggest a home inspector whose business would be to visit the homes and 'clean 'em up' like the pure food inspectors, but there are farm homes that will never be worthy the name until such a course is adopted."

"Keep them supplied with matter bearing on the sanitation of their homes, the prevention of tuberculosis and typhoid, the proper care and diering of their children; in general, to keep them in touch with the progress made all along the lines that directly affect the health and welfare of themselves or their children."¹

COLORADO.

"The general health and home interest of the farmer can be improved by little conveniences and betterments of the conditions of the farmer's family. Farm hygiene is important. Simple plans for homemade or inexpensive devices for improving the welfare or effectiveness of the workers in the farm home would be valuable. As most farm homes are more or less remote from doctors, a little treatise on the common diseases to which children are so liable; how to recognize a dangerous ailment, and some simple remedies to thwart disease or cure our little ones; what the medicine chest should contain and how long such drugs may be safely kept; something about poisons and their antidotes; and timely warning of epidemics might also be given—the data being furnished by the crop correspondents and Bureau of Health."

"We need more sanitation on the farm. We are not, as a class, protected from contagious diseases and their spread."

¹ See Appendix F, Public Health Service.

IDAHO.

"If the Government would have all country people inoculated against typhoid fever, just as it has had the United States Army, it would free farmers' families from their greatest terror and one of their greatest expenses."¹

"A bureau of health for the people of the country in the Department of Agriculture."

WASHINGTON.

A man: "Nursing should be taught girls so they would know how to care for a baby. By so doing the rising generation might be greatly improved."

"We would like for it not to be compulsory to have a doctor at any time, even though they are sick unto death. We don't think a doctor's bill should be added to the burden. Can you send us a book that will tell all the different plants and the medicinal properties in each?"²

"All schools should be visited at regular intervals by an expert dentist, oculist, physician, and nurse. Their duty would be to see that each pupil is kept in the best health possible. Letters that cause no eye strain should be used in all books."

"In caring for the sick in the home the average woman has a number of traditions, especially with regard to the care of infants. After having seen some of the preposterous things done to infants, I marvel that the present mortality rate isn't doubly as large. When I taught school in Michigan, the State health department regularly issued to teachers bulletins treating of the prevention of diseases and the care of the sick. If such bulletins could be placed within reach of the women who have been denied education in this line, a vast amount of good would result."

OREGON.

"Many years of experience in study and teaching of physical education has led me to believe that this phase of farm life has been much neglected and that in place of broken-down mothers and weakly daughters on the farm we may just as well have the light but firm step and the wholesome, joyous youth more remarkable on the farm than in any other place."

"We do not wonder that few young men want to farm when they can not expect to make more than from \$250 to \$600 per year. And see how the farmer sells his cream, butter, eggs, meat, etc., and uses little or none of it himself, and if in need of a doctor has to pay \$25 for a visit which would cost \$1.80 in town."

SOUTHWESTERN QUARTER.

OKLAHOMA.

International Congress of Farm Women: "That all possible assistance and encouragement be given to the rural nursing, as already inaugurated by the American Red Cross Association."

"I have thought that our generous-hearted Uncle Sam should at least care as much for the health of his legal-born children as for his acquired or stepchildren. I have read much about his oversight of Indians and Filipinos and other children—care for their eyesight and other deficiencies, etc.—I believe our children in their first school years should have medical inspection and care, free, from Federal sources. For instance, I have a bright girl 12 years old who has adenoids and diseased tonsils and throat that the family doctor said was caused by improper nutrition before birth and while nursing, caused by lack of proper food for me.³ If the department would do this one thing and pay doctor's fees where family is not able, it is hard to estimate the benefit to the human family. I myself have always been handicapped by nearsightedness that could have been remedied in early life by proper supervision."

¹ See Appendix A, "Hygiene and Rural Sanitation," and Appendix F.

² *B. P. I. Bulletin 139: "American Medicinal Barks." Price, 15 cents. *B. P. I. Bulletin 89: "Wild Medicinal Plants of the United States." Price, 5 cents. *Department Bulletin 26: "American Medicinal Flowers, Fruits, and Seeds." Price, 5 cents. *B. P. I. Bulletin 219: "American Medicinal Leaves and Herbs." Price, 15 cents. *B. P. I. Bulletin 107: "American Root Drugs." Price, 15 cents. *Farmers' Bulletin 188: "Weeds Used in Medicine."

³ See Appendix E, Children's Bureau, "Prenatal Care," and "Infant Care."

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

TEXAS.

"The country people generally have a common nurse at childbirth instead of a doctor, and wonder why afterwards they are in bad health. Health first."

"The whole country needs homes for defectives. Every State ought to be forced to care for its own."

"The average woman is sadly ignorant as to the laws of health. I believe the Government has neglected the health of the farm woman. If you can send bulletins on the prevention of tuberculosis to the State superintendent of public schools and have him send to county superintendents and they distribute to every country school teacher in their respective counties and require the teachers to teach the children until they know how to prevent it, I believe this would do more good to the farm home than any other one thing."

"Why should the problem of improving the rural health through 'physical culture' continue to be neglected by the National Department of Agriculture? It is a fact that the uneducated people of to-day, who are found in an overwhelming majority on the farms, because this sort of occupation commonly requires less skill and knowledge, blindly pursue their work with little or no attention to their health. Actual steps should be taken at once, if possible, to prevent the increasing inefficiency in the performance of hard work by farmers. I deem it expedient that the officials furnish the voluntary crop correspondents in the Weekly News Letter physical daily rules which they may apply themselves, and later carry these rules, with results, as a shining example to their neighbors, relatives, friends, and other acquaintances, and in general it will be a blessing to the people engaged in the agricultural occupation."

"I call your attention to another deplorable fact: The young girls on the farm do outdoor work and are exposed to changes of the weather at times when they ought to be at rest and carefully guarded as to their health. Often around the age of puberty their health is everlastingly ruined."

CALIFORNIA.

"(Correspondence) courses on hygienic living and how to plan properly balanced meals without meat (meat is getting to be such a luxury that only a few can afford it)."

"For the farm mothers the trying times of sickness in the family almost always are more than anyone should be asked to endure. The department can aid us by giving some bulletins on how best to care for our ailing ones with our meager resources for help. Traveling nurses, doctors, and hospitals would meet a real rural need. If these had the support of the department, it would invest them with strength in the eyes of the country folks."

MISCELLANEOUS (ADDRESS MISSING).

"The doctors of our county and towns charge such extortionate bills for the little they do for us. We certainly need protection along this line."

FOOD.

Cooking, Cook Books, Food and Drug Laws.

NORTHWESTERN QUARTER.

MAINE.

"We need information through an official paper on 'how to cook,' as well as information of frauds of various kinds."

NEW HAMPSHIRE.

"Home economics should be taught to the prospective home keeper, emphasizing the balanced ration for the various needs of different members of a family. Ignorance of value of foods is evidenced by the unhealthy and puny children of many farming districts."¹

"The department should send out pamphlets on household economy, telling farm women how to economize time and strength in performing their household duties, how to prepare simple, nutritious meals, well cooked and as 'well balanced' as the 'rations' the farmer is taught to feed his stock."²

¹ See Appendix A, "Foods."

² Farmers' Bulletin 142: "Principles of Nutrition and Nutritive Value of Foods."

NEW YORK.

"Publish menus for farm homes, meals simple and satisfying, well balanced, and easy to prepare."

"It seems to me that something might be done by the department in exposing the brands of adulterated foods and showing which kinds are reliable."

"What is wanted in the farm home is a knowledge of how to select our food, how to combine our food, and how to proportion our food so as to prevent and cure disease."

"We read in nearly every farm paper and in the farm bulletins issued by the Government all about balanced rations for cattle, poultry, and so on, but if there have ever been any instructions given in regard to balanced rations for the farmer and his family I have never seen it. Few of us know what would constitute it, and few have ever even thought of it. Why can't we have something of that sort?"

PENNSYLVANIA.

"I believe the Department of Agriculture can be of service to the farm women of the United States in teaching them the right care of infants, proper foods, and balanced rations for the children, so that the next generation will be better than this one."

A man: "Provide a scientific menu for the farmer's wife, for so often she cooks too much and not the right things."

OHIO.

"Our crop, the children; our needs, suggestions for their food."

"The very best articles on cooking, how to prepare foods of all kinds, and especially of vegetables of all kinds, so as to get away from so much meat diet, etc."

"If they could only say something and get it to the ears or eyes of the right ones on how to care for the leavings of one meal and prepare it for the next meal instead of throwing it out for the dog to mess over, or throwing it away, so it would not be fit for any use whatever, which is where a great deal of this high cost of living comes from. Tell them how to fix over potatoes, meat scraps, bread scraps, etc., and make some of the best kind of dishes therefrom."

"The wife and mother needs to be informed officially about composition and ingredients of medicines, remedies, and patented popular foods (breakfast foods, etc.), why they are beneficial or injurious."¹

INDIANA.

"Give us recipes for good, wholesome meals to be served three times a day, and such that when an unexpected guest arrives at the last minute he may be invited to dine with us without extra work or embarrassment."

"It seems to be the general belief that the way to help the farmer folks is to teach them to live cheaper. Now, instead of that, we want to be taught to live better and easier."

"The department could send good recipes for bread making. Many women make biscuits every meal, and this is a great task. They do this because they can not make good light bread."

ILLINOIS.

"If they can tell us how to feed our children to grow them into strong men and women, physically, mentally, and morally, and tell us in such a plain, simple manner that it will not require a 4-year high-school course to comprehend it."

"Those of us who are older and missed the advantages of domestic science would like to know something of a balanced ration for our families. I know something of this, but ought to know more, as our children are the most important crop we have."

MICHIGAN.

A man: "I have received the suggestion that the Department of Agriculture make chemical tests of baby foods or foods that may be successfully fed to young children."²

¹ Farmers' Bulletin 249: "Cereal Breakfast Foods." Farmers' Bulletin 553: "Pop Corn for the Home."

² This subject is under investigation.

"What I want to know is in what ways the food a workingman needs differs from the food that growing children need. Now, if the department could send us bulletins giving the nutritive value and digestibility of our common articles of food in such a way that correct dietaries might be worked out for laboring men, and for children. This is a matter that has bothered me a great deal and if you could place this help within reach of the many farmers' wives, it would be appreciated, I'm sure."

"I believe the farm women need some help in preparing 'balanced rations' for farmers. We hear so much about balanced rations for farm animals of all kinds, why not apply it to the human race. Dyspepsia and weak stomachs are becoming more and more common. Is it not due, to a great extent, to different articles of food working antagonistically during digestion?"

WISCONSIN.

"Recipes for lunches for school children, using the viands and fruits raised on a farm."

"Something about food values; balanced rations for human beings, using the materials raised on the farms. We need training in getting best results in feeding family and hired help with the minimum of money and energy. Can not some one with the scientific training and also a practical working knowledge of the subject, by use of these studies already made, give us simple menus which shall contain the necessary elements?"

"Many families depend mainly on ham, bacon, or salt pork for their summer meat supply and new recipes for preparing same would also be liked. Also helps in other cookery."

MINNESOTA.

A man: "Issue a cookbook¹ containing only tried, proved, and good recipes for wholesome home cooking, baking, frying, and desserts, giving special attention to healthy nourishment from products of the farm, including a chart of food values, and well-balanced food rations. This is important. The farm produces foodstuffs in almost endless variety, but much of it is never served on the table or not palatably served, and then the farmer's wife falls back on commercial foodstuffs perhaps inferior to those in her garden. Then, too, she is not always aware what all she can grow herself; that ought to be shown. A chart of food values and food rations is necessary for although many farmers eat enough, eat good food, yet they are not as well nourished, healthy, and strong as they could be, because their food rations are not balanced well. Children's diet needs special attention."

SOUTHEASTERN QUARTER.

MARYLAND.

"Specialists should be engaged to visit the little rural schoolhouses and give practical lectures once a week. Make the talks so plain that the girls and boys could take turns serving something hot at noon to the children as part of the cooking lesson, for children in the country are doomed to poorly-prepared lunches of fried eggs and doughnuts nine months in the year, to the detriment of their health."²

VIRGINIA.

"We want more definite information about food values and balanced ration for our families, using our farm supplies in demonstration. We want to give our family the proper foods the same as the farmer gives his animals; but most of the lectures on foods deal with supplies we can't get."

NORTH CAROLINA.

"I want first to understand how to prepare, cook, and serve a balanced ration to my family. This may be done by the Government sending us lessons in so simple a language that we young women who have married and are trying to raise a family on less than a common-school education can take it in. I have read some on the subject; the ratios and scientific words I can't take in."

¹ The Superintendent of Documents, Government Printing Office, furnishes free a list of publications, No. 11, "American Foods and Cooking," popularly known as "Uncle Sam's Cook Book."

² See Appendix E, "Daily Meals for School Children."

GEORGIA.

"I want the Department of Agriculture to inaugurate some plan whereby we can be taught to properly prepare corn and wheat¹ and all vegetables into wholesome diets."

A man: "There are so many various reasons for the high cost of living—have had so much experience on this line myself with all kinds of people in the South. Only 1 per cent of the left-over food is ever used. The laboring class of whites use two and one-half times more foodstuff than the negroes of the South and have one-half less to eat for the negroes generally at some time in life work for the better class of people and learn to prepare their food in good shape with great saving to themselves. I am dealing with 40 families, and high cost of living is 70 per cent from poor cooks. The most expensive families are the ones who always buy the identical provisions each week and never know how to prepare any extra food. Then, too, I find that the families who buy the best have the smallest bills and more cash."

A man: "The most of women use too much grease in preparing a meal, and cook it too hastily, causing puny and sickly children in the family. It is like the old saying, 'A woman can throw more out of the window with a spoon than a man can bring in with a sack.' I recommend that the department mail a free bulletin to rural women monthly, every six months, or annually, gotten up for their teaching on economy in domestic affairs, such as cooking, serving, etc."

FLORIDA.

"What vegetables are best adapted to our immediate vicinity. When to plant them, how to grow them, how to cook and prepare them for food. How to combine the different foods to make a nutritious meal, which are best for muscle building, which are best for bone building? Not get a meal like the Cracker women do—put a plate of heavy biscuit on the table and heat a can of tomatoes and think she has prepared a sufficient meal for her family."

"Would it be possible for the department to give a course in the comparative nutritive value of foods, balanced diet, etc.? In the southern part of the United States such a course is especially needed. Of course, the courses would have to be simple, so as to be within reach of all classes."²

WEST VIRGINIA.

A man: "A cookbook for the farm wife is a luxury. For although there are many before the people to-day, yet they all require luxuries for the preparation of elegant dishes that are too expensive for her limited means, or that can not be obtained, and it's a sad fact that many can not even afford a cookbook that is of any value. Hence we believe that the department would do well to furnish a single cookbook free to the farmer's wife."

MISSISSIPPI.

A man, physician and pharmacist: "I would simply suggest giving them a few lessons in 'salt-free diet,' or better modes of cooking. The old, stereotype mode, 'fried mush' and greasy foods or greens, saturated with salt and soda, is fast making imbeciles and wrecked stomachs, souls, and bodies of their husbands and themselves—scurvy, dyspepsia, stomach, kidney, and bladder trouble, to say nothing of loin and other troubles, wrecks, and don't live their allotted time, 3 score and 10 years. Scurvy lays the foundation for other troubles, of a more malignant character, scrofula, cancers, and all the skin and flesh diseases, all due to an excess of salt and soda, and fried foods, with fried greens, the custom of the South long before the war of the States, salt pork fried, and the grease to put on bread and to fry eggs and other food, fried chicken, potatoes, and all sorts of vegetables, fruits fried in the salty grease from the fried salt meats, boiled and baked foods, except greasy greens, pot liquor skimmed off the grease and poured over cabbage, beans, and other vegetables. This is the old-time custom on plantations, fresh meat perhaps once a week or month, and foods salt as 'Lot's wife,' and bread 'salt cakes' killed with soda. Such has been the food of Southern farmer, laborer. Any reason why they should live always with such diet or food? The department can do much in showing these women the dangers and harm they

¹ Farmers' Bulletin 565: "Corn Meal as a Food and Ways of Using it." Farmers' Bulletin 559: "Use of Corn, Kafir, and Cowpeas in the Home."

² Farmers' Bulletin 142: "Principles of Nutrition and Nutritive Value of Food."

do themselves and their families, that the salt and soda actually required to make good, wholesome, and pleasant foods is certainly smaller rations of salt and soda and more butter and eggs in place of fresh meat, greens, or even hogs' lard, that may carry poison too often made from measly pork, as I have seen shipped in barrels that even showed spots and tubers with cuts in the flesh much like the little boy fishing for noodles with a straw. Would suggest a letter to these housewives giving out modern cooking, salting, sodaing their foods, most wholesome way of cooking, what to cook, and how to cook."

"Some form of indigestion and the resulting physical disorders are universal. After a season's public work I consider it the result of want of information among housekeepers, improper selection of combinations of foods and poor cooking. For instance, in one home the mother put eggs to fry for supper before she put her biscuit into the oven to bake, and fried them steadily during the entire time the biscuit were baking. The next day I saw her, while getting a quick lunch, place a frying pan over the fire with at least a pint of lard in it, and as soon as it was warm, but not all melted, break three eggs into it, from which she finally took them tough, leathery, and altogether indigestible.¹ She is constantly complaining of indigestion, and spends a part of every week in bed with severe headaches. Her husband has a form of heart trouble induced by indigestion, and her children are never well. How could it be otherwise? Much of their earnings goes for doctors' bills or patent medicines, when intelligent and correct housekeeping would remedy it all. This is not an extreme case, but has hundreds of counterparts. In all the homes in which I have been I have not seen an egg cooked in any other way than fried hard, and have never seen milk used excepting buttermilk as a beverage. Not one of the numerous wholesome preparations of milk dishes or of milk and eggs have I seen. So that two foods which farmers have in abundance, two of our best foods, seem to be unappreciated, almost unknown."

NORTHWESTERN QUARTER.

NORTH DAKOTA.

"A good cookbook; just a dandy; one which will tell you how to boil potatoes in the jacket, which is an art when properly done, as well as how to make ice cream, good wholesome bread, sour milk cookies, and doughnuts. Butter as well as marmalade and jelly, coffee, and bacon. A cookbook which will set down in terse language the absolute necessity of being a good cook and housewife. Get us some enthusiasm about good cooking. Have cooking clubs, demonstrations about good bread and butter and coffee making, meat and vegetable cooking, and so on."

NEBRASKA.

"In some way, preferably by bulletins, get before her the importance of cooking and care of food as a science. Information as to relative food values and their effect on the body put in clear, everyday terms would be very beneficial. Many farm wives do not understand or take interest in the high-class scientific treatises on such subjects. This can be done by sending the literature directly to the housewives, through special demonstrations, and also through the rural schools."

"Give us the most economical and the most wholesome diet by actual test."

KANSAS.

"Among the many subjects of great interest to women would be a bulletin treating at length of the special and relative values of food products. There is so much 'stuff' printed by this would-be wise man and another that is positively deceiving, if not deleterious, that it would be well, it seems to me, to have some one speak as 'with scientific authority' concerning this very important subject."

COLORADO.

"Simple yet nutritious lunches for school children."

IDAHO.

"Better and more training in the cutting and preserving of meats in the home. The use of all parts of the carcass which should have a value, but now too often are thrown

¹ Farmers' Bulletin 128: "Eggs and Their Uses as Food."

away to the dogs. Instruction in better cooking, and greater variety to the daily ration. An easier and surer way of detecting and giving publicity to impure and adulterated foods used so much the first few years by the homesteader until home-grown meats, vegetables, and fruits can meet the daily wants.¹ Young and inexperienced mothers with large families are the rule in these communities, hence domestic science, plain and inexpensive, with what they already have to do with, or have the means to procure, would help."

"Many farmers' wives, while having an abundance of health-giving food to supply the table, know nothing about food values. They will prepare a meal composed entirely of starchy vegetables, fried pork, white bread, and bread pudding, congratulating themselves that their family has nothing to complain of when they come to the table. The department can help by sending out literature which instructs, along these lines, in canning and preserving fruits and vegetables, etc."

WASHINGTON.

"A recipe in a late magazine allows several cups of filling for one small pumpkin pie. Another allows one cup of flour to about two quarts of liquid for hot cakes. For that reason specially prepared bulletins would be far more helpful and would be more certain to receive careful reading."

SOUTHWESTERN QUARTER.

OKLAHOMA.

A man: "In many parts of the country where I have been the women did not seem to be able to cook food so that it could be digested. Few can make bread other than 'biscuit and corn bread.' This, with fat meat and grease, constitutes the main diet for many families."

TEXAS.

A man: "She should be advised how to cook."

A man: "We beg to suggest, without hesitation, the greatest need to-day of not only the farmers' wives, but of women in general throughout, perhaps, the United States, would be a general education as to how to make the home better. But the greatest need of all is to learn how to keep house, cook, etc. Of course, many women know how to cook and provide excellent homes, but there are hundreds of thousands of them who do not nearly approach perfection, and there seems to be a touchiness or delicacy in reaching this kind of thing, that makes it almost impossible to improve the situation from a governmental point of view. To suggest to any woman, girl, or matron that conditions could be bettered by her learning more about cooking or keeping house most likely would call for a rebuff or an air suggesting a thought of meddlingness to the party suggesting such betterments.

"The writer of this letter visits a good many different portions of the country, towns, etc., and without fear of successful contradiction can demonstrate that 90 per cent of the hotels throughout the whole country can not make, or at least do not serve to their guests, a biscuit that approaches within 75 per cent of perfection. Other breads are nearly in proportion. Twenty-five to 30 per cent of the biscuits served to the guests of the hotels throughout the country are wasted and thrown away on account of being improperly cooked.

"We have pure food laws and laws looking after the feed of live stock, but if there is any law or system to improve the cooking for human beings as served at tables, we do not know it. We believe that the grub and drug bills of the United States can be reduced 25 per cent in cost if food is served in a palatable and wholesome manner. Ninety per cent of the women folks throughout the United States do not know the meaning of protein and, perhaps, fat, carbohydrates, etc., as applied to food for the human system. Should the department make a close investigation of the food eaten throughout the United States with an eye to improving the cooking and saving that might be made by more scientific methods, we believe the findings would be remarkable.

"The manufacturers of food articles put up in packages, whether put up in tin, wood, or pasteboard, should be required to stamp the date on the package, then there

¹ Farmers' Bulletin 183: "Meat on the Farm: Butchering, Curing, and Keeping." Farmers' Bulletin 142: "Principles of Nutrition and Nutritive Value of Food."

would not be so much 2 and 3 year old food sold and bought. Eggs should be candled by the retail merchant and stamped as the farmer brings them. The farmer should get paid only for good eggs. We would then have better eggs and get a better price."

CALIFORNIA.

"I would suggest that the department might serve a useful purpose by issuing instructions upon wholesome cooking. No fancy cooking is wanted on the farm, but simply plain wholesome food prepared in the most digestible form; also instructions against unwholesome dishes or food combinations. It is coming to be well known that the health and even the morals of many young people on the farms are ruined by unwholesome foods or wrongly prepared foods."

Canning and Preserving.

NORTHEASTERN QUARTER.

CONNECTICUT.

"Instruction in simple and practical ways of canning and preserving meats and vegetables, where prohibitive market prices and distance from market make the question of diet a hard one."¹

DELAWARE.

"Hints on canning, jelly making, etc., also curing meats, all in one pamphlet."

WISCONSIN.

"I would be interested in new ideas relating to the household—how we can utilize, prepare, and preserve home-grown products, etc."

MINNESOTA.

A man: "You have already published a book on canning. Every woman should have it. We would not begin to take \$100 for ours if we could not get another."

SOUTHEASTERN QUARTER.

VIRGINIA.

"The putting up of fruit and vegetables is important. Few women understand canning of vegetables, and much that should be put up on the farm goes to waste. This is an important matter, and people should learn the how of saving good fruit and vegetables."

TENNESSEE.

A man: "Encourage family canneries and kilns for drying, so that oversupply of orchard and garden products can be made safely and profitably in summer."

LOUISIANA.

A man: "Directions for canning and preserving and pickling what the home will need, instead of having to consider the store as their garden or fruit orchard except in the middle of the season when the fruits and vegetables are ripe. The people want to preserve or can their vegetables and fruit, but don't know how."

NORTHWESTERN QUARTER.

KANSAS.

"Suggestions on canning are greatly wanted. We often have so much trouble with stuff spoiling in the can from the lack of knowledge of the proper way of canning. Which apples are the best to try and keep for ordinary use, and which for jellies and butter?"

MONTANA.

"Tell her how to put up her fruit, her garden stuff—corn, beans, peas, tomatoes. Half the fruit they put up spoils."

¹ See Appendix A, "Organizing Agricultural Clubs for Children," and "Foods," for information as to canning and preserving.

WYOMING.

"An article on hatching, rearing, fattening, selling, caponizing, and canning poultry products, should be included in a bulletin or form the material for separate bulletins."¹

COLORADO.

"Best method for the preservation of foods would be a great boon for every one."

IDAHO.

A man: "Boost home canning and preserving, and teach how to sell canned goods."

OREGON.

"Managing the canning and preserving. Putting up fruit and cooking for hands at the same time. The kitchen range is overcrowded. How can we manage it all with least expenditure of time and strength? It is possible that this subject has already been dealt with since the canning clubs have been formed."²

SOUTHWESTERN QUARTER.

TEXAS.

A man: "One good thing for the housewife would be if she would know the simplest and safest way to jar her vegetables. It is of a great value to can all the vegetables when they are in abundance. Later, when the frost kills everything, it is a great thing to have such on hand. For instance: My wife canned tomatoes. She had about 70 quarts, from which 15 spoiled. What may be the problem?"

A man: "Practical instructions in regard to the preservation of meats, eggs, butter, milk, and cream, also of garden products."

"You will ask 'Why not can all of your surplus vegetables and fruits?' and I will say that is one of our worst pieces of drudgery. Yes, drudgery; and with all of our care and precautions a great deal of canned stuff spoils in this hot southern climate unless put up in tins, and then the doctors have talked ptomain poisoning until people are afraid of tin cans."

DAIRYING AND POULTRY.

Some of the correspondents ask for information in regard to dairying and poultry keeping, pointing out that these activities are usually in the hands of the farm women and declaring that their knowledge of the subjects is very slight. In many of these letters it is noteworthy that no mention is made of the bulletins on dairying and poultry that the department has already prepared. What it would seem, therefore, that these writers really need is not so much more literature on these subjects as better facilities for availing themselves of that which is already in existence. A number point out, however, that the information they want must be adapted to operations on a small scale.²

¹ Farmers' Bulletin 287: "Poultry Management." Farmers' Bulletin 452: "Caponizing." Farmers' Bulletin 528: "Hints to Poultry Raisers." Farmers' Bulletin 585: "Natural and Artificial Incubation of Hens' Eggs." Farmers' Bulletin 624: "Natural and Artificial Brooding of Chickens."

² Farmers' Bulletin 51: "Standard Varieties of Chickens." Farmers' Bulletin 64: "Ducks and Geese." Farmers' Bulletin 182: "Poultry as Food." Farmers' Bulletin 200: "Turkeys." Farmers' Bulletin 234: "The Guinea Fowl." Farmers' Bulletin 287: "Poultry Management." Farmers' Bulletin 355: "A Successful Dairy and Poultry Farm." Farmers' Bulletin 452: "Caponizing." Farmers' Bulletin 528: "Hints to Poultry Raisers." Farmers' Bulletin 530: "Important Poultry Diseases." Farmers' Bulletin 574: "Poultry House Construction." Farmers' Bulletin 585: "Natural and Artificial Incubation of Hens' Eggs." Farmers' Bulletin 363: "The Use of Milk as Food." Farmers' Bulletin 413: "The Care of Milk and Its Use in the Home." Farmers' Bulletin 400: "Bacteria in Milk." Farmers' Bulletin 624: "Natural and Artificial Brooding of Chickens." Farmers' Bulletin 55: "The Dairy Herd." Farmers' Bulletin 166: "Cheese Making on the Farm." Farmers' Bulletin 473: "Tuberculosis." Farmers' Bulletin 541: "Farm Buttermaking." Farmers' Bulletin 594: "Shipping Eggs by Parcel Post." Farmers' Bulletin 602: "Production of Clean Milk." Farmers' Bulletin 623: "Ice Houses and the Use of Ice on the Dairy Farm." Farmers' Bulletin 390: "Pheasant Raising in the United States." Farmers' Bulletin 562: "The Organization of Boys' and Girls' Poultry Clubs."

Dairying.**NORTHEASTERN QUARTER.**

NEW YORK.

"Anything about butter, handling milk, making cheese, etc., would be valuable information for this section. Something that would bring farmers and their wives together and talk matters over and get them out of the old ruts, that we are all apt to get into, is the greatest thing we need."

PENNSYLVANIA.

A man: "It would help some if you could give some lessons in butter making. Where but a few cows are kept and only a little is left to sell, it comes to market in poor shape."

INDIANA.

"Would suggest that you instruct them in the art of butter making. Care of milk and cream under all circumstances and conditions, as circumstances and conditions differ on every farm and in every climate and locality, giving full instructions in the art of butter making, telling them how and also why."¹

"Many women spend half a day churning because they do not know the temperature of milk."

MINNESOTA.

"Dairy work—sanitary conditions, cleanliness, and why. Home creamery versus shipping to big concerns. Home creamery versus private customers for butter."

SOUTHEASTERN QUARTER.¹

VIRGINIA.

"A radical change in the dairy laws, by putting more stress on cleanliness and less on buildings."

FLORIDA.

"Good methods for handling milk without ice."

"The best suggestion I can make is to insert in your bulletins, or send direct to women, your observation and experience in poultry raising and egg production, milk and butter making. We need some simple unpretentious way to do these common everyday things to advantage. Remember the majority of us housewives (or farm women) have many, many tasks to do in a day, and depend upon our chickens, say from two to five dozen hens, and from one to three cows for our surplus money. We need the most simple way to accomplish this."

SOUTHWESTERN QUARTER.¹

CALIFORNIA.

"Our modern creamery is fast displacing the golden butter churned by our grandmothers, although many of our families still prefer it to the creamery product. Suggestions and literature regarding the construction and operation of a home butter-making department, and also a method of placing butter in a marketable condition, would, I think, prove acceptable to us all."

Poultry.**NORTHEASTERN QUARTER.**

INDIANA.

"The proper care and handling of chickens and their product. Information of the proper diet for chickens, all conditions, if possible. Instruct them how to select eggs for hatching and the proper care of eggs and hen during hatching period. Proper care of young chicks during their growing period. All other information that may be helpful in the raising and care of chickens, telling them the how and also the why."

"The department could send instructions for raising poultry."

¹ Southern readers will find publications listed under "Promotion of Diversified Farming in the South," Appendix A, of service.

WISCONSIN.

"I would be pleased to have information on caring for poultry, pertaining to breeding, feeding, housing, etc."

SOUTHEASTERN QUARTER.¹

GEORGIA.

"Instructions how and where to get the best containers for shipping eggs, butter, and dressed poultry by parcel post."²

TENNESSEE.

"We need educating on the best points of value in the different breeds of poultry. How to construct the poultry house for warmth and at the same time have good ventilation and best sanitary conditions."

NORTHWESTERN QUARTER.

KANSAS.

"This county is one of the best places in the world to raise poultry, but the farm women do not understand how to care for the hens to produce eggs. They raise poultry for meat."

COLORADO.

"Information regarding chickens, ducks, and geese. The best breeds; the handling and taking care of chickens; the breeding, the old and new way; the feeding of young poultry in general; prevailing diseases and pests among chickens; preventives and cures, especially mites.³ If your department would issue such a book and distribute it gratis and freely broadcast over the country, I for one think it would do more good and be more acceptable than a good many other things."

WASHINGTON.

"The most popular suggestions, or the idea that created the deepest interest among the women and should also interest the farmer, was the subject of better live stock on the farm, and especially better poultry. Spokane pays \$1,000,000 every year for Mississippi poultry and eggs and \$7,000,000 a year for meat. This money might much better be paid to the farm women, and would be if they had a practical knowledge of thoroughbred fowls. It seemed to be a prevailing idea among the farm women that the department should employ a good poultryman, one who can make a success especially along the line of poultry for meat, to act as manager or director among the farm women, giving his time to visiting the yards from time to time, so that their work may be under his personal supervision. He might also act as sales agent among the farm women, thus securing better prices for the farm woman and at the same time a better product for the consumer—a fowl that had not ripened in the cold-storage plant for many months. For many years our Jersey cattle have been bred, or rather inbred, to increase the butter fat, our Holstein to increase the milk flow, the Short-horn and Hereford for the meat production. Now, the same principle in breeding, which, when intelligently applied, so improved the various breeds of cattle, will, when intelligently applied to the meat breeds of poultry, make as marked an improvement, and the farm woman can have running in her back yard a fowl almost double the size of the one she now has, and with no more expense of keep, only an understanding and an accurate application to poultry of the principle that cattle, horse, and hog breeders have been using for many years. If we can get our farm women to let go of the mongrel hen which is so popular with her because 'if she dies you don't lose much,' forgetting that 'if she lives you don't have much,' if we can get her to let go of the mongrel hen and fill her back yard with something worth while, then the farmer, seeing her results, will be compelled to try out the principles in his horses, cattle, etc., for the results are so striking, the improvement so marked."

¹ Southern readers will find publications listed under "Promotion of Diversified Farming in the South," Appendix A, of service.

² The Office of Markets is investigating the subject and will supply information.

³ *Entomology Circular 92: "Mites and Lice on Poultry." Price, 5 cents. * Entomology Circular 170: "The Fowl Tick." Price, 5 cents.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

SOUTHWESTERN QUARTER.

CALIFORNIA.

"What does a farm housewife take more interest in than her chickens? Suggestions benefiting large poultry farms can not be adopted by us in the supply of poultry we generally keep for our private use. I think this is a matter that should be given more consideration by the Agricultural Department."

PESTS AND DISEASES.

The various pests and diseases that affect crops and live stock receive considerable attention. Naturally each writer dwells most upon those which happen to be most prevalent in her vicinity, but the common house fly is a favorite subject. The desirability of getting rid of the fly is thoroughly recognized; all that the writers ask of the Government is information on the best way to do so. Information, indeed, is what practically all of the correspondents whose letters fall in this section ask for. Some are familiar with the publications of the department designed to help them, and simply ask for more. Others, however, appear ignorant of the existing literature and of the work that has already been done in waging war against pests of all sorts.¹

NORTHEASTERN QUARTER.

NEW HAMPSHIRE.

"The continued fight against the brown tail moth and all other pests has been very discouraging and the farmer can not enjoy sitting under his own trees in certain seasons of the year without feeling that he has a shirt on fire."²

RHODE ISLAND.

"A law that shall give a State the same protection against the undesirable importation of affected cattle into a State that other States demand when cattle are sent out of said State."³

CONNECTICUT.

"Help in control of fly pests."

PENNSYLVANIA.

"I think one of the greatest ways the Government could help the farm women is to make some law to eradicate the worst of all abominations, the fly; and give us the right to vote."

¹ The Insecticide and Fungicide Board, in its administration of the Insecticide Act of 1910, investigates and tests such articles to prevent the sale in interstate commerce, or in the Territories or the District of Columbia, of adulterated or misrepresented agricultural spraying materials, products used to rid the household and garden of insects of all kinds, disinfectants, germicides, animal dips, etc. The Bureau of Entomology and the Biological Survey are prepared to supply information as to the best way of dealing with many insects and other pests. (See Appendices A and C.) The Bureau of Animal Industry studies diseases of domestic animals. Farmers' Bulletin 127: "Important Insecticides." Farmers' Bulletin 243: "Fungicides and Their Use in Preventing Diseases of Fruits." Farmers' Bulletin 264: "The Brown-Tail Moth and How to Control it." Farmers' Bulletin 275: "The Gypsy Moth and How to Control It." Farmers' Bulletin 369: "How to Destroy Rats." Farmers' Bulletin 444: "Remedies and Preventives Against Mosquitoes." Farmers' Bulletin 450: "Some Facts about Malaria." Farmers' Bulletin 459: "House Flies." Farmers' Bulletin 540: "The Stable Fly." Farmers' Bulletin 543: "Common White Grubs." Farmers' Bulletin 547: "The Yellow Fever Mosquito." Farmers' Bulletin 564: "The Gypsy Moth and the Brown-Tail Moth, with suggestions for their control." * Department Bulletin 118: "Experiments in the Destruction of Fly Larvae in Horse Manure." Price, 10 cents. Farmers' Bulletin 583: "The Common Mole of Eastern United States." Farmers' Bulletin 587: Economic Value of North American Skunks." Farmers' Bulletin 630: "Some Common Birds useful to the Farmer." * Yearbook Separate 474: "The Economic Value of Predaceous Birds and Mammals." Price, 5 cents. * Biological Survey Circular 61: "Hawks and Owls from the Standpoint of the Farmer." Price, 5 cents. * Yearbook Separate 506: "Pocket Gophers as Enemies of Trees." Price, 5 cents. See also Appendix A, "Study of Insects."

² Farmers' Bulletin 564: "The Gypsy Moth and the Brown-Tail Moth, with suggestions for their control." Farmers' Bulletin 264: "The Brown-Tail Moth and How to Control It."

³ The Statutes give the Federal authorities the right to quarantine against interstate shipment of diseased cattle. Such quarantines are rigidly enforced.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

OHIO.

A man: "Issue more bulletins concerning the danger of the fly, as some people aren't aware of the unsanitation of flies.¹ If the farmer isn't interested in the welfare of the home as much as he is in the barn and outdoor work, the wife is very helpless to do very much to make the home convenient and sanitary without his aid."

"I think of nothing that the Department of Agriculture might be able to do for us that would be of any greater benefit to us in our outdoor work on the farm than a preventive and cure of the 'white diarrhea' among our little chicks."²

"We need a competent county veterinarian to deal with hog cholera, tuberculosis, fistula, blackhead in turkeys, etc., at first hand."³

MICHIGAN.

"The use of some good stock dip in ridding a house of all kinds of vermin, such as ants, bugs, etc."⁴

WISCONSIN.

"The house fly is one of our worst pests in summer time. We hope that something can be done for the eradication of flies. If all farmers were compelled by law to keep their premises clean, I think the flies would not be so bad, if they had no breeding places."⁵

MINNESOTA.

"I don't know of anything better than help us get rid of the house fly, for they will find a way to get in. We can't be without stables and barnyards and so will have flies; until the experiment station finds out some way to destroy them. My idea is to find something that flies like to eat, something that will attract them all; then put poison with it so they die. We have traps and fly paper, that does some good, but we want them all killed. If we would only study the little things, like the house fly, mosquitoes, gnats, moths, and other nuisances to the farmer, and rats and mice, too, what a blessing it would be to get rid of all such vermin."⁵

IOWA.

"The wholesale destruction of rats and other pests that prey upon fowls, destroying the fruits of many a woman's hard labor, should be looked into and a remedy found to overcome them if possible."⁶

MISSOURI.

"If you know a sure cure and preventive for the disease commonly called 'white diarrhea' in young chickens, and the 'blackhead' in turkeys;² also if there is anything that will kill worms on cabbage and the striped bug on cucumbers and melon vines that is not poisonous to a person.⁷ A remedy for these things would be a benefit to me and several in this locality. I do not now think of any other way to help us; only in such ways as this can the farm work be made more pleasant and profitable for the women."

¹ *Entomology Bulletin 78: "Economic Loss to the People of the United States through Insects that Carry Diseases." Price, 10 cents.

² *Bureau of Animal Industry Circular 128: "White Diarrhea of Chicks, with Notes on Coccidiosis in Birds." Price, 5 cents. Farmers' Bulletin 530: "Important Poultry Diseases."

³ Farmers' Bulletin 351: "The Tuberculin Test of Cattle for Tuberculosis." Farmers' Bulletin 379: "Hog Cholera." Farmers' Bulletin 530: "Important Poultry Diseases." Farmers' Bulletin 473: "Tuberculosis." Bureau of Animal Industry unnumbered leaflet, "How to Use Antihog-Cholera Serum."

⁴ Farmers' Bulletin 626: "The Carpet Beetle, or 'Buffalo Moth.'" Farmers' Bulletin 627: "The House Centipede." Entomology Circular 34: "House Ants." Entomology Circular 36: "True Clothes Moths." Entomology Circular 47: "The Bedbug." Entomology Circular 49: "The Silverfish." Entomology Circular 50: "The White Ant." *Entomology Circular 51: "Cockroaches." Price, 5 cents. Entomology Circular 163: "Hydrocyanic-Acid Gas against Household Insects."

⁵ Farmers' Bulletin 444: "Remedies and Preventives against Mosquitoes." Farmers' Bulletin 459: "House Flies." *Department Bulletin 118: "Experiments in the Destruction of Fly Larvae in Horse Manure." Price, 10 cents.

⁶ Farmers' Bulletin 369: "How To Destroy Rats."

⁷ *Entomology Circular 31: "The Striped Cucumber Beetle." Price, 5 cents. *Entomology Circular 60: "The Imported Cabbage Worm." Price, 5 cents. *Entomology Circular 39: "The Common Squash Bug." Price, 5 cents.

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SOUTHEASTERN QUARTER.¹

MARYLAND.

"That the department devise ways and means to aid the rural people engaged in agriculture to exterminate the rats which are becoming so destructive not only to the farmer and his crops, but to the busy housewife as well."

"Most wives and daughters of all farmers, as you well know, raise the poultry on the farm, and unless the farmer is a mean one the wife and daughters keep and use the proceeds of such poultry. I mean the proceeds from the sales. Now, I am one of them, and I have good luck usually, but, like all the neighboring housewives, we have a set of cruel, despicable enemies; that set of enemies are the 'hen hawks.' Just as soon as the little 'biddies' are put out in the spring, along comes Mr. Hawk and begins his daily murdering, and keeps it up until the little 'wild birds' have hatched out their little ones, and when Mr. Hawk can get all the food he wants from the nests of the little birds, he quits coming and generally lets us alone for a short time until the hatching season of the little birds is over, which may be about September 1. Then Mr. H. comes back again, together with some 3 or 4 young ones he has raised, and goes to killing my fine, well-grown pullets, three or four a week until the whole flock has learned that they must positively stay close to the house. Now, I am sure that I lose chickens and guineas enough to amount to \$20 worth of damage in the year. I ask you, 'Of what use are these hen hawks, except to aggravate the souls out of us?' We go to church in the spring of the year; we miss the neighbors and ask why they are not at church, and all have the same answer, 'Got to stay at home to watch out for the hawks.' These hawks cause us housewives the most annoyance and cause us the most loss of money of anything in the country, and what surprises us most is that in these days when your department is making such efforts to protect the insectivorous birds, and all the bird clubs and particularly the game associations, to think that these associations will let those hawks eat up three-fourths of their birds and other game and not make even an effort to cut out that hawk is more than I can understand. Our county once paid a premium on hawk heads, but they brought hawk heads from every other county and of course we had to stop that. The Federal authorities only can undertake to exterminate the hawk. Surely you have some men who could study out some plan to exterminate them. I suppose they must be bought and paid for, but we would gladly pay \$5 per year in taxes to do it, and even the consumer could well afford to pay the bill."

VIRGINIA.

"The worst thing I have to contend with is flies, which are worse in fall than in midsummer. Why don't some one discover a way to eliminate them? We try to be clean."

(We need information) "as fast as experiments are worked out for best way to fight insect pests, fungi, etc., best spray formulas for orchards, time to apply, etc. As it is we do not get them often until six months or a year. A book similar to the one the department has been getting out on diseases of the horse, 'which is fine,' only we want one on diseases and treatment of cows and other cattle, sheep, swine, and poultry."²

KENTUCKY.

"The hawk question. Poultry is the pride of every housewife in the country, but in this vicinity as in many others the hawks get over half the fowls. Now, we think the Government could afford to offer a bounty to induce sportsmen to kill them. Not only do they destroy our chicks, but they are fast exterminating our birds and even catch grown fowls. We want remedies for cucumber bugs and cabbage worms; also squash bugs."³

¹ See Appendix A, "Promotion of Diversified Farming in the South."

² Farmers' Bulletin 127: "Important Insecticides." Farmers' Bulletin 243: "Fungicides and Their Use in Preventing Disease of Fruits." *Special Report on Diseases of Cattle. Price, \$1. Farmers' Bulletin 351: "The Tuberculin Test of Cattle for Tuberculosis." Farmers' Bulletin 379: "Hog Cholera." Farmers' Bulletin 473: "Tuberculosis." Farmers' Bulletin 530: "Important Poultry Diseases." Bureau of Animal Industry Leaflet: "How to Use Antihog-Cholera Serum."

³ *Entomology Circular 31: "The Striped Cucumber Beetle." Price, 5 cents. *Entomology Circular 60: "The Imported Cabbage Worm." Price, 5 cents. *Entomology Circular 39: "The Common Squash Bug." Price, 5 cents.

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NORTHWESTERN QUARTER.

NORTH DAKOTA.

"Some of the things in mind now are extermination of vermin in the home and treatment of plants, fruit trees, and growing vegetables, so insects will not destroy them."

A man: "It is generally blamed to the Government and to the homestead laws that this part of our State is so badly overrun by stubborn and tremendously fast increasing noxious weeds. The worst of these are the ones known as the tumbling mustard and the Russian thistle."

KANSAS.

A man: "One lady said: 'Of all the help, no help would surpass a bounty on rats.' They are of no use. Now, almost any other thing has a use. They sure do get a lot of young chickens. I think this lady said she had 4 left from 120. I say 'Amen' to her suggestion. Another lady said prizes for swatting flies, and I see where she showed good sense."

WYOMING.

"I would like to know how to exterminate kangaroo rats and gophers.¹ They are taking the crops."

COLORADO.

"There is one great drawback to the cattle industry, and that is the loco weed. The whole country here is full of it. It is utterly impossible to meet with any success with cattle here unless something is done to eradicate it. Each year we all have 20 per cent of our cattle locoed.² I firmly believe that the sterility so frequently found here among cows can be attributed to loco, for where there is so much of it necessarily all cattle must eat some, though they all do not eat enough for the effect to be noticeable. The prairie dogs are a great scourge to us, destroying the range and devouring a great part of our crops in spite of our best efforts to destroy them."³

IDAHO.

"We need (1) help to rid our gardens of angle worms; (2) some of our trees die from unknown causes."

SOUTHWESTERN QUARTER.³

TEXAS.

"By putting a \$5 bounty on wolf scalps, as they destroy thousands of dollars worth of poultry in this country alone every year."

A man: "Advice in regard to the prevention of accidents and fires, and as to the best means of destroying vermin, such as gophers, rats, mice, etc., which of late have become very numerous."

CALIFORNIA.

"Universal warfare on flies, especially in rural communities. A formula for best spray, and best time to apply the same to their breeding places."⁴

"To change our statutes so that an inspector shall come once a year to each farm to examine cattle for tuberculosis, also horses for glanders, etc., and if any have to be killed, to pay the owner a certain price for same."

¹Biological Survey Cir. 52: "Directions for Destroying Pocket Gophers." Price, 5 cents. *Y. R. Separate 506: "Pocket Gophers as Enemies of Trees." Price, 5 cents.

²Farmers' Bulletin 380: "The Loco-weed Disease." Farmers' Bulletin 536: "Stock Poisoning Due to Scarcity of Food." Farmers' Bulletin 531: "Larkspur, or 'Poison Weed.'" *B. P. I. Doc.: "Principal Poisonous Plants of the Western Stock Ranges." Price, 10 cents. *B. P. I. Bulletin 121, Pt. II: "Mountain Laurel, a Poisonous Plant." Price, 5 cents.

³See Appendix A, "Promotion of Diversified Farming in the South."

⁴*Department Bulletin 118: "Experiments in the Destruction of Fly Larvæ." Price, 10 cents.

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APPENDIX A.

GENERAL SUGGESTIONS FOR DEVELOPMENT BY FARM WOMEN INDIVIDUALLY OR THROUGH THEIR ORGANIZATIONS.

Specialists of the various departments have made the following suggestions which can be developed individually or as parts of a program of women's clubs or other rural organizations:

ORGANIZING AGRICULTURAL CLUBS FOR CHILDREN.

Women can organize the boys and girls in their rural communities into agricultural clubs, the purpose of which is to teach advanced methods of farming, animal husbandry, and home making in a practical way which yields a monetary profit to the children taking part in the work. These clubs, in addition, supply certain social features which are very desirable for the young people of country districts. They also aid children to develop the resources of the farms, to improve the quality of country life, and to become economically independent.

The girls will be interested in the canning, gardening, apple, poultry, and pig clubs; the boys will be stimulated by clubs for the raising of corn, potatoes, pigs, apples, baby beef, peanuts, or poultry, or by kafir, milo maize, and feterita clubs.

In the boys' and girls' club work up to and including 1914 there was an enrollment of 250,000 young people. This club work is now organized in all the States, the work among girls being in charge of women county agents, and that among boys being directed by the men county agents. The work of the boys' clubs is a development of the county agent work for improving general agriculture. The women in charge of the girls' club work specialize largely in this field, although they also devote a great deal of attention to interesting women in canning and similar activities.

The influence of the training received in the boys' clubs is frequently shown in the future history of the boys as farmers. One direct result is to stimulate these club members to enter the State agricultural colleges.

Many girls, in addition to the training as efficient home makers they receive in the canning clubs, are led through this work to take a special interest in domestic science and to pursue courses in normal and industrial colleges.

The following publications of the department will be found helpful in organizing young people, and also to adults wishing to take up any of these activities:

- *F. B. 385. Boys' and girls' agricultural clubs. Price, 5 cents.
- B. P. I. Doc. 570. Girls' demonstration work: The canning clubs.
- B. P. I. Doc. 644. Boys' demonstration work: The corn clubs.
- F. B. 562. The organization of boys' and girls' poultry clubs.
- B. P. I. Doc. 883. Tomato growing as club work in the North and West.
- F. B. 359. Canning vegetables in the home.
- F. B. 521. Canning tomatoes at home and in club work.
- F. B. 566. Boys' pig clubs.
- F. B. 537. How to grow an acre of corn. (Especially prepared for club instruction.)
- B. P. I. Doc. 803. Organization and instruction in the boys' corn-club work. General outline of the club idea with especial application to the corn clubs.
- B. P. I. Doc. 884. Potato growing as club work in the North and West.
- B. P. I. Cir. 104. Special contests in the corn-club work. General outline of the contest idea with especial application to the corn clubs.

In addition to the publications listed above, the department will supply the following circulars referring to various phases of club work and also of interest to individuals who wish to can vegetables or fruits or raise the products discussed.

Circulars issued by the Office of Farmers' Cooperative Demonstrations, Southern States, to which applications for them should be made:

- No. 474. Cultivation of tomatoes, canning, etc.
- No. 480. Outline for booklet on girls' garden and canning work.
- No. 543. Rules for starting tomato raising.
- No. 591. Instructions for raising tomatoes, beans, and okra.
- No. 592. Berry growing.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

- No. 597. Boys' and girls' potato club instructions.
- No. 629. Tomato diseases.
- No. 630. Insects on tomatoes.
- No. 631. Instructions for canning.
- No. 640. Instructions for canning berries.
- No. 746. Winter gardens.
- No. 754. Fall and winter gardens.
- No. 775. Recipes for using vegetables grown in winter gardens.

Circulars issued by the Office of Demonstrations, North and West, United States Department of Agriculture, to which applications for them should be made:

- Form NR-6. General outline on the achievement club work.
- Form NR-11. Age, acreage, and basis of award requirements in corn club, potato club, and garden and canning club work.
- Form NR-17. General outline on the apple club work.
- Form N-1. List of premiums suitable for award in the garden and canning club work.
- Form N-2. What to give prizes for in the garden and canning club work.
- Form N-3. Time requirements for the canning of various food products in the different types of canning outfits.
- Form N-9. List of companies manufacturing the little portable home canning outfits.
- Form N-10. Outline on the vacation canning and marketing club.
- Form N-12. List of canning recipes.
- Form O-1. Instructions on premiums and awards in the potato club work.
- Form O-2. Instructions on what to give premiums for in the potato club work.
- Form R-1. Instructions on premiums and awards in the corn club work.
- Form R-3. Instructions on what to give premiums for in the corn club work.
- Form R-5. Instructions on the Four-H brand seed-corn label.

The department will supply additional information to, and will cooperate with, organizations interested in forming agricultural clubs for young people.

HOME AND COMMUNITY CARE OF LITTLE CHILDREN.

The Children's Bureau of the United States Department of Labor, Washington, D. C., gives special attention to the home and community care of small children. The experts of this bureau will be glad to supply information so far as possible to women or organizations interested in these subjects and will help them develop child welfare exhibits. Among the publications which it will supply are:

HOME CARE OF THE CHILD.

- Prenatal care.
- Infant care. (Discusses the care of the child through the second year.)

COMMUNITY CARE.

- Description of the New Zealand Society for the Health of Women and Children. (Describes a method of cooperation among mothers living in rural districts, which brings to every woman information regarding the proper care of children.)
- Baby saving campaigns. (Describes methods by which some of the American cities have undertaken to reduce their infant mortality; including samples of literature in various languages used in these campaigns.)
- Birth registration as an aid in protecting the lives and rights of children.

The Public Health Service, as indicated under the head of "Health and community sanitation," and in Appendix F, also issues publications dealing with the health of children.

EDUCATION OF CHILDREN.

Mothers wishing to undertake the home education of their children, or individuals or women's organizations interested in improving the schools of their communities or in child welfare work, can obtain valuable publications and advice from the United States Bureau of Education. The Bureau of Education "Reading course for parents No. III" gives a selected list, especially useful to mothers, of books dealing with the care of children. This bureau also will answer questions on rural civics and school gardens. Appendices E and F give lists of many publications having direct bearing on the education of children. Appendices C and D contain lists of many valuable publications useful for those interested in educating children in agriculture, nature study, or home economics.

The American National Red Cross also is prepared to furnish women with information as to visiting nurses for schools in rural districts.

The Bureau of the Census will supply many publications dealing with questions of illiteracy.

STUDY OF LITERATURE.

The United States Bureau of Education is issuing a series of graded outline reading courses dealing with the masterpieces of literature. They are especially

designed for parents and for boys and girls who have left school. The courses thus far announced are Nos. 1 and 2. Course 1 consists of a study of seven important books which everyone should know. Course 2 considers these seven books and in addition a number of other titles. These courses will be furnished free on application. Those completing any of the courses will receive a certificate from the Commissioner of Education.

MOVABLE SCHOOLS OF AGRICULTURE AND HOME ECONOMICS.

The movable school, providing for local classes of 10 or more farmers or farm women for the study of some topic of special interest to the community, has proved a very effective and acceptable method of extension teaching in agriculture or home economics. These schools usually give courses consisting of 15 to 20 lectures on the topic selected, under local leadership, but with the general supervision of experts from the State agricultural colleges. A special form of such schools has been devised by the Department of Agriculture and is now being tried experimentally in cooperation with the State agricultural colleges.

FARMERS' INSTITUTES FOR WOMEN.

The department, in cooperation with the State directors of farmers' institutes, encourages and aids the organization of farmers' institutes for women similar to those which have proved successful for men. There has been a marked growth in such institutes in recent years.

HEALTH AND COMMUNITY SANITATION.

One of the greatest services that organizations of women can render to their communities is to become intelligent guides in public health matters. They can do much effective work in making certain that the water supply is not polluted; in improving sewage disposal so that it will not become a carrier of infection; and in working intelligently for quarantines and safeguards that will prevent the spread of infectious and contagious diseases. To such women the United States Public Health Service stands ready to supply expert advice on all matters pertaining to rural sanitation and to furnish a number of publications dealing with the nature, treatment, and prevention of some of the most serious diseases. It also has available publications dealing with the rearing and care of infants, securing proper hygienic conditions in schoolhouses, and in right living as a means of efficiency. Appendix F contains a list of Public Health Service publications on these subjects of direct interest to women. See also "Medical Handbook," of Bureau of Education, Appendix E, and titles under "Hygiene and Sanitation" in Appendix C.

HOME AND PUBLIC SANITATION AND WATER SUPPLY.

The Department of Agriculture, in addition, has issued a number of publications dealing with hygiene, sanitation, and water supply in rural districts, many of which will be found suggestive to women wishing to discuss home or community health protection.

With the following list of bulletins on this subject should be included the publications named later under the heading "Protection of Food Supply," and also several of the titles given under the heading "Foods" in this appendix:

- *Y. B. Sep. 619. Health laws. Price, 5 cents.
- *B. P. I. Bul. 100. The effect of copper upon water bacteria. Price, 5 cents.
- *B. P. I. Bul. 64. A method of destroying or preventing the growth of algæ and certain pathogenic bacteria in water supplies. Price, 5 cents.
- *B. P. I. Bul. 76. Copper as an algicide and disinfectant in water supplies. Price, 5 cents.
- *B. P. I. Bul. 115. The disinfection of sewage effluents for the protection of public water supplies. Price, 10 cents.
- *B. P. I. Bul. 154. Farm water supplies of Minnesota. Price, 15 cents.
- *Chem. Bul. 156. Sewage-polluted oysters as a cause of typhoid and other gastrointestinal disturbances. Price, 10 cents.
- F. B. 547. The yellow-fever mosquito.
- *F. B. 155. How insects affect the health in rural districts. Price, 5 cents.
- *F. A. I. Cir. 108. Trichinosis: A danger in the use of raw pork for food. Price, 5 cents.
- F. B. 459. House flies.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

- F. B. 478. How to prevent typhoid fever.
 F. B. 444. Remedies and preventives against mosquitoes.
 *F. B. 527. Sewage disposal for rural homes. Price, 5 cents.
 F. B. 345. Some common disinfectants.
 F. B. 450. Some facts about malaria.
 *Ento. Bul. 78. Economic loss to the people of the United States through insects that carry disease. Price, 10 cents.
 *F. B. 549. The farm water supply. Price, 5 cents.
 *F. B. 73. Pure water for the farm. Price, 5 cents.
 *F. B. 262. Water for table use. Price, 5 cents.
 Dept. Bul. 57. Water supply, plumbing, and sewage disposal for country homes.
 *F. B. 296. Wells and a pure water supply. Price, 5 cents.
 F. B. 369. How to destroy rats.
 F. B. 439. Anthrax, with special reference to its suppression.
 F. B. 449. Rabies or hydrophobia.
 F. B. 450. Some facts about malaria.
 F. B. 463. The sanitary privy.
 F. B. 473. Tubercuolisis.
 F. B. 480. Practical methods of disinfecting stables.
 F. B. 540. The stable fly.
 *Dept. Bul. 118. Experiments in the destruction of fly larvæ in horse manure. Price, 10 cents.

RURAL NURSING.

The American National Red Cross, Washington, D. C., through its Town and Country Nursing Service, will supply information as to the employment of nurses in rural districts for nursing, school inspection, child-welfare work, prevention of tuberculosis, sanitary inspection, and the organization of clubs and classes in hygiene for young people. It also supplies information on the organization of classes in first aid and home care of the sick for women. Its publication, "General Outline," contains suggestions for organizing a local nursing association.

PROTECTION OF FOOD SUPPLY.

For women who are interested in protecting the food supply of their communities, *Y. B. Sep. 619, "Health laws" (price, 5 cents), contains general information as to the Federal statutes governing foods and drugs. This publication will make it clear that the Federal jurisdiction extends only to foods and drugs in interstate commerce. Control of foods manufactured and sold wholly within the borders of a State lies with the State and municipal authorities and is a subject for State legislation.

FOOD AND DRUGS.

To women interested in the provisions of the Federal Food and Drugs Act the department will supply copies of the act and the regulations based thereon. In addition the following titles will be found of interest to women studying this subject:

- Annual Reports of the Office of the Solicitor, 1908 to 1911, 1913, and 1914.
 *Annual Reports of the Bureau of Chemistry, 1907, 1908, 1909, 1910, 1914, free; 1911, price 5 cents.
 *Chem. Bul. 100. Some forms of food adulteration and simple methods for their detection. Price, 10 cents.
 *Y. B. Sep. 569. Decomposition and its microscopical detection in some food products. Price, 5 cents.
 Office of Secretary Cir. 19. Standards of purity for food products.
 Office of Secretary Cir. 21. Food and Drugs Act. Rules and regulations for the enforcement of the Food and Drugs Act.
 *Chem. Bul. 164. Graham flour. Study of physical and chemical differences between graham flour and imitation graham flour. Price, 10 cents.
 F. B. 393. Habit-forming agents, their indiscriminate sale and use a menace to public welfare.
 F. B. 377. Harmfulness of headache mixtures.
 *Dept. Bull. 103. Alum in foods. Price, 5 cents.
 *Chem. Bul. 136. Oysters. Shellfish contamination from sewage-polluted waters and from other sources. Price, 10 cents.
 *Chem. Cir. 70. Comparative rate of decomposition in drawn and undrawn market poultry. Price, 5 cents.
 Dept. Bul. 17. Refrigeration of dressed poultry in transit.
 *Y. B. Sep. 591. The handling of dressed poultry a thousand miles from market. Price, 15 cents.
 *Y. B. Sep. 596. How the produce dealer may improve the quality of poultry and eggs. Price, 5 cents.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

- *Chem. Cir. 115. An all-metal poultry-cooling rack. Price, 5 cents.
- F. B. 623. Ice houses and the use of ice on the dairy farm.
- F. B. 475. Ice houses.
- *F. B. 131. Household tests for the detection of oleomargarine and renovated butter. Price, 5 cents.
- *Dept. Bul. 51. A bacteriological and chemical study of commercial eggs in the producing sections of the central west. (Contains colored plates for testing eggs before the candle.) Price, 40 cents.
- *Chem. Cir. 98. The preparation of frozen and dried eggs. Price, 5 cents.
- *Chem. Cir. 61. How to kill and bleed market poultry. Price, 5 cents.
- *Chem. Cir. 64. Poultry from the farm to the consumer. (Deals with cold storage of poultry and eggs.) Price, 5 cents.
- *Y. B. Sep. 552. Effect of the present method of handling eggs on the industry and the product. Price, 5 cents.

GUARANTY LEGEND ON FOODS AND DRUGS ABOLISHED.

Many housewives in the past have been under the impression that the legend "Guaranteed under the Food and Drugs Act" appearing on packages of food or drugs meant that the Federal Government had in some way passed upon the purity or quality of these products. This was not the case. The Government has never certified the purity or excellence of such products.

In order to prevent further misunderstanding on this score, it has been determined to abolish the guaranty legend and serial number on foods and drugs on and after May 1, 1916, except that products packed and labeled prior to May 1, 1916, may bear the legend until November 1, 1916.

This legend and serial number were intended simply to mean that the manufacturer continued to accept full responsibility for his goods after they had passed into the hands of a dealer. In other words, it was designed merely for the protection of the dealer who might happen to have in stock a manufacturer's goods which violated the act.

MEAT SUPPLY.

The Department of Agriculture will send information regarding Federal meat inspection and its special publications on municipal meat inspection and municipal slaughterhouses. Among the publications of the department dealing with meat are:

- *Twenty-third Annual Report, Bureau of Animal Industry, 1906. Price, 45 cents.
- *Twenty-fourth Annual Report, Bureau of Animal Industry, 1907. Price, 65 cents.
- *Twenty-fifth Annual Report, Bureau of Animal Industry, 1908. Price, 70 cents.
- *Twenty-sixth Annual Report, Bureau of Animal Industry, 1909. Price, 50 cents.
- *Twenty-seventh Annual Report, Bureau of Animal Industry, 1910. Price, 80 cents.
- *Twenty-eighth Annual Report, Bureau of Animal Industry, 1911. Price, 60 cents.
- B. A. I. Order 211. Regulations governing the meat inspection of the United States Department of Agriculture.
- *B. A. I. Cir. 108. Trichinosis: A danger in the use of raw pork for food. Price, 5 cents.
- *B. A. I. Bul. 132. A bacteriological study of ham souring. Price, 15 cents.
- B. A. I. Cir. 125. The Federal meat inspection service.
- *B. A. I. Cir. 154. The need of State and municipal meat inspection to supplement Federal inspection. Price, 5 cents.
- B. A. I. Cir. 173. The sanitary construction and equipment of abattoirs and packing houses.
- *B. A. I. Cir. 185. State and municipal meat inspection and municipal slaughterhouses.
- F. B. 183. Meat on the farm: Butchering, curing, and keeping.
- F. B. 391. Economical use of meat in the home.
- *F. B. 435. Experiment station work. Market classes and grades of meat. Price, 5 cents.
- *F. B. 479. Experiment station work. Preparation of choice hams. Price, 5 cents.

MILK SUPPLY.

To women interested in securing a safe milk supply for their communities, the following publications of the department will be of interest:

- *B. A. I. Cir. 197. Directions for the home pasteurization of milk. Price, 5 cents.
- F. B. 413. The care of milk and its use in the home.
- *Expt. Sta. Syl. 1. Illustrated lecture on the care of milk. Price, 5 cents.
- F. B. 363. The use of milk as food.
- F. B. 490. Bacteria in milk.
- *B. A. I. Cir. 199, rev. The score-card system of dairy inspection. Price, 5 cents.
- *B. A. I. Cir. 217. The control of bulk milk in stores. Price, 5 cents.
- Dept. Bul. 1. Medical milk commissions and certified milk.
- F. B. 608. Removing garlic flavor from milk and cream.
- B. A. I. Cir. 170. The extra cost of producing clean milk.
- F. B. 602. Production of clean milk.
- *Dept. Bul. 98. The application of refrigeration to the handling of milk. Price, 10 cents.
- Dept. Bul. 85. The cost of pasteurizing milk and cream.
- *Y. B. Sep. 595. Condensed and desiccated milk. Price, 5 cents.

(See Appendix C for other titles.)

The Bureau of Chemistry, under the Food and Drugs Act, exercises supervision over milk shipped in interstate commerce, with a view to improving the quality of milk received in this way by large cities near State borders. In cooperation with the Bureau of Animal Industry, it is working to help dairymen improve the quality of their milk, and also is making efforts to encourage the railroads to supply refrigerator express cars for the sanitary handling of the daily milk supply of large cities.

ROAD IMPROVEMENT.

Clubs of rural women who wish to take part in improving the roads of their communities will find the following department publications worthy of study:

F. B. 311. Sand-clay and burnt-clay roads.

F. B. 338. Macadam roads.

F. B. 505. Benefits of improved roads.

F. B. 597. The road drag and how it is used.

*Roads Bul. 41. Mileage and cost of public roads in the United States in 1909. Price, 10 cents.

Roads Bul. 48. Repair and maintenance of highways.

*Roads Cir. 95. Special road problems of the Southern States. Price, 5 cents.

PROMOTION OF DIVERSIFIED FARMING IN THE SOUTH.

Women who individually or through their organizations wish to take steps to promote diversified agriculture in the South with a view to encouraging farmers to raise more of their own food, will find the following special circulars, which will be sent free, of practical value as a reading course on southern agriculture:

F. C. D. Cir. 746. Winter gardens.

F. C. D. Cir. 754. Fall and winter gardens.

Special Cir. Producing sheep on southern farms.

Special Cir. Suggestions on poultry raising for the southern farmer.

Special Cir. How southern farmers may get a start in pig raising.

Special Cir. Horse and mule raising in the South.

Special Cir. Winter oats in the cotton belt.

Special Cir. Winter wheat in the cotton belt.

Special Cir. Rye in the cotton belt.

Special Cir. Hairy vetch for the cotton belt.

Special Cir. Rape as a forage crop in the cotton belt.

Special Cir. Do you keep a cow?

Special Cir. Advantages of dairying in the South.

Special Cir. Feeding the farm cow in the South.

Special Cir. The feeding of dairy calves.

Special Cir. The production and care of milk and cream.

Special Cir. Marketing butter and cream in the South.

Special Cir. Farm conveniences for handling the cow and her product.

Special Cir. Making farm butter in the South.

Special Cir. Shall southern farmers build creameries?

B. A. I. unnumbered leaflet. Progress and results of cattle-tick eradication.

B. A. I. unnumbered leaflet. Effects of tick eradication on the cattle industry of the South.

F. B. 498. Methods of exterminating the Texas-fever tick.

F. B. 569. Texas or tick fever.

F. B. 580. Beef production in the South.

F. B. 639. Eradication of the cattle tick necessary for profitable dairying.

Dept. Bul. 147. The effect of the cattle tick upon the milk production of dairy cows.

Under the heading "Organizing agricultural clubs for children" will be found titles of publications supplying valuable material for getting the younger generation interested in progressive agriculture.

STUDY OF BIRDS AND MAMMALS.

American birds and mammals offer a desirable study for adults and young people. If, in addition, bird houses and food shelters are erected near homes, and other means of attracting and protecting birds are employed, the study becomes a fascinating and profitable amusement. For this purpose the following Farmers' Bulletins will be found useful:

BIRDS.

630. Some common birds useful to the farmer.

54. Some common birds in their relation to agriculture.

456. Our grosbeaks and their value to agriculture.

497. Some common game, aquatic, and rapacious birds in relation to man.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

506. Food of some well-known birds of forest, farm, and garden.
 609. Bird houses and how to build them.
 621. How to attract birds in northeastern United States.
 493. The English sparrow as a pest.
 *513. Fifty common birds of farm and orchard. Price, 15 cents.

Other publications of interest to bird lovers are:

- *Y. B. Sep. 620. American thrushes, valuable bird neighbors. Price, 10 cents.
 *Biol. Surv. Cir. 17. Bird day in schools. Price, 5 cents.
 *Biol. Surv. Cir. 61. Hawks and owls from the standpoint of the farmer. Price, 5 cents.
 *Y. B. Sep. 414. Cage-bird traffic of the United States. Price, 10 cents.
 Y. B. Sep. 504. Plants useful to attract birds and protect fruit.
 *Y. B. Sep. 474. The economic value of predacious birds and mammals. Price, 5 cents.

MAMMALS.

- F. B. 396. The muskrat.
 F. B. 496. Raising Belgian hares and other rabbits.
 F. B. 525. Raising guinea pigs.
 F. B. 583. The common mole of eastern United States.
 F. B. 587. Economic value of North American skunks.

STUDY OF INSECTS.

The study of insects, particularly those which have a direct bearing on agriculture, should form a valuable and interesting activity for club work. It offers to young people and others an opportunity to make interesting collections and to study a phase of life closely related to success in agricultural pursuits. Farmers' Bulletin 606, "Collection and preservation of insects and other material for use in the study of agriculture," will prove a helpful guide to those wishing to undertake such work. In addition the department publishes many other pamphlets dealing in detail with special insects. Questions as to specific insects will be answered by the department's specialists.

Among the publications on certain of the more common insects which usually may be obtained for study within the regions inhabited by them are the following:

- F. B. 284. Insect and fungous enemies of the grape east of the Rocky Mountains.
 F. B. 450. Some facts about malaria.
 F. B. 459. House flies.
 F. B. 492. The more important insect and fungous enemies of the fruit and foliage of the apple.
 F. B. 512. The boll weevil problem.
 F. B. 540. The stable fly.
 F. B. 543. Common white grubs.
 Dept. Bul. 5. The southern corn rootworm.
 Dept. Bul. 8. The western corn rootworm.
 *Dept. Bul. 90. The rose aphid. Price, 5 cents.
 *Ento. Cir. 31. The striped cucumber beetle. Price, 5 cents.
 *Ento. Cir. 39. The common squash bug. Price, 5 cents.
 *Ento. Cir. 60. The imported cabbage worm. Price, 5 cents.
 Ento. Cir. 80. The grasshopper problem and alfalfa culture.
 Ento. Cir. 87. The Colorado potato beetle.
 Ento. Cir. 123. Methods of controlling tobacco insects.
 Ento. Cir. 124. The San Jose scale and its control.

AGRICULTURAL EDUCATION AND NATURE STUDY.

For clubs or individuals who wish to study seeds, leaves, plants, woods, etc., the following publications are practical and helpful:

- F. B. 428. Testing farm seeds in the home and in the rural school.
 F. B. 586. Collection and preservation of plant material for use in the study of agriculture.
 *F. B. 423. Forest nurseries for schools. Price, 5 cents.
 *F. B. 468. Forestry in nature study. Price, 5 cents.
 *For. Serv. Cir. 130. Forestry in public schools. Price, 5 cents.
 *For. Serv. Cir. 96. Arbor Day. Price, 5 cents.
 Dept. Bul. 132. Correlating agriculture with the public school subjects in the Southern States.
 F. B. 638. Laboratory exercises in farm mechanics for agricultural high schools.

STUDY OF PLANTS AND TREES.

For clubs or individuals who wish to study seeds, leaves, plants, woods, etc., the following publications are practical and helpful:

- F. B. 428. Testing farm seeds in the home and in the rural school.
 F. B. 586. Collection and preservation of plant material for use in the study of agriculture.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

MEDICINAL AND POISONOUS PLANTS.

- F. B. 188. Weeds used in medicine.
 F. B. 531. Larkspur or "Poison-weed."
 F. B. 551. The cultivation of American ginseng.
 F. B. 613. Goldenseal under cultivation.
 *Dept. Bul. 26. American medicinal flowers, fruits, and seeds. Price, 5 cents.

ELEMENTARY FORESTRY.

- F. B. 173. A primer of forestry, Part I.
 F. B. 358. A primer of forestry, Part II.
 *F. B. 468. Forestry in nature study. Price, 5 cents.
 F. B. 134. Tree planting on rural school grounds.
 *F. B. 423. Forest nurseries for schools. Price, 5 cents.
 *F. B. 387. The preservative treatment of farm timbers. Price, 5 cents.
 *For. Serv. Cir. 96. Arbor Day. Price, 5 cents.
 *For. Serv. Cir. 130. Forestry in the public schools. Price, 5 cents.
 *For. Serv. Cir. 138. Suggestions to woodlot owners in the Ohio Valley region. Price, 5 cents.
 *For. Serv. Cir. 171. Forests of the United States, their use. Price, 5 cents.
 *For. Serv. Cir. 176. Surface conditions and stream flow. Price, 5 cents.
 For. Serv. Cir. 207. Profession of forestry.
 *For. Serv. Bul. 42. The woodlot. Price, 15 cents.
 *For. Serv. Bul. 82. Protection of forests from fire. Price, 15 cents.
 *For. Serv. Bul. 83. Forest resources of the world. Price, 10 cents.
 *For. Serv. Bul. 86. Windbreaks, their influence and value. Price, 30 cents.
 Y. B. Sep. 622. Practical tree surgery.

GARDENING.

For those wishing to grow plants, flowers, and shrubs, or to help children in these directions, the following publications will be found useful:

- F. B. 157. The propagation of plants.
 F. B. 185. Beautifying the home grounds.
 F. B. 195. Annual flowering plants.
 F. B. 218. The school garden.
 F. B. 494. Lawns and lawn soils.
 *F. B. 423. Forest nurseries for schools. Price, 5 cents.
 F. C. D. Cir. 746. Winter gardens.
 *B. P. I. Cir. 69. Ornamental value of the saltbushes. Price, 5 cents.
 *B. P. I. Cir. 101. The germination of packeted vegetable seeds. Price, 5 cents.
 *B. P. I. Bul. 262. Ornamental cacti: Their culture and decorative value. Price, 15 cents.

BEES.

Beekeeping, which will provide the family with honey and possibly give a surplus for sale to neighbors, offers a pleasant occupation to women and young people. Farmers' Bulletin 447, "Bees," contains valuable information on this subject, and the department's specialists also are glad to answer questions and to give advice to those interested in an apiary. Farmers' Bulletin 442, "The treatment of bee diseases," gives directions for the control of the very prevalent bee diseases, and Farmers' Bulletin 503, "Comb honey," describes, more especially for the professional beekeepers, the best methods for the production of comb honey.

POULTRY.

Women frequently find pleasure and a source of profit in giving attention to high-class poultry and eggs. The following publications should be useful:

- F. B. 197. Importation of game birds and eggs for propagation.
 F. B. 445. Marketing eggs through the creamery.
 F. B. 585. Natural and artificial incubation of hens' eggs.
 F. B. 594. Shipping eggs by parcel post.
 F. B. 51. Standard varieties of chickens.
 F. B. 64. Ducks and geese.
 F. B. 200. Turkeys.
 F. B. 287. Poultry management.
 F. B. 355. A successful poultry and dairy farm.
 F. B. 452. Capons and caponizing.
 F. B. 528. Hints to poultry raisers.
 F. B. 530. Important poultry diseases.
 F. B. 574. Poultry-house construction.
 F. B. 624. Natural and artificial brooding of chickens.

F. B. 390. Pheasant raising in the United States.

*Dept. Bul. 51. A bacteriological and chemical study of commercial eggs in the producing sections of the Central West. (Contains colored plates for testing eggs before a candle.) Price, 40 cents.

DRESSED POULTRY.

*Y. B. Sep. 591. The handling of dressed poultry a thousand miles from market. Price, 15 cents.

Dept. Bul. 17. Refrigeration of dressed poultry in transit.

*Chem. Cir. 115. An all-metal poultry-cooling rack. Price, 5 cents.

*Chem. Cir. 61. How to kill and bleed market poultry. Price, 5 cents.

*Chem. Cir. 64. Studies of poultry from farm to consumer. Price, 5 cents.

See also "Protection of food supply."

SMALL FRUITS.

The raising, preserving, and canning of small fruits supplies a pleasant and frequently profitable occupation for women. The following publications will be helpful:

F. B. 198. Strawberries.

F. B. 213. Raspberries.

F. B. 154. The home fruit garden: Preparation and care.

F. B. 175. Home manufacture and use of unfermented grape juice.

F. B. 203. Canned fruits, preserves, and jellies.

F. B. 426. Canning peaches on the farm.

See also list of publications under "Organizing agricultural clubs for children." in this appendix, for literature on canning and preserving.

FOODS AND COOKING.

Women's organizations might with profit emphasize the importance of healthful and well-prepared food and the supplying of the farm table with the greatest variety possible, served in the greatest number of attractive forms. The following publications will prove of interest:

F. B. 34. Meats: Composition and cooking.

F. B. 85. Fish as food.

F. B. 121. Beans, peas, and other legumes as food.

F. B. 128. Eggs and their uses as food.

F. B. 182. Poultry as food.

F. B. 232. Okra.

F. B. 249. Cereal breakfast foods.

F. B. 256. Preparation of vegetables for the table.

F. B. 293. Use of fruit as food.

F. B. 295. Potatoes and other root crops as food.

F. B. 298. Food value of corn and corn products.

F. B. 332. Nuts and their uses as food.

F. B. 363. The use of milk as food.

F. B. 375. Care of food in the home.

F. B. 389. Bread and bread making.

F. B. 391. Economical use of meat in the home.

F. B. 413. The care of milk and its use in the home.

F. B. 608. Removing garlic flavor from milk and cream.

F. B. 503. Comb honey.

F. B. 291. Evaporation of apples.

F. B. 487. Cheese and its economical use in the diet.

F. B. 526. Mutton and its value as food.

F. B. 553. Pop corn for the home.

F. B. 559. Use of corn, kafir, and cowpeas in the home.

F. B. 565. Corn meal as a food and ways of using it.

F. B. 142. Principles of nutrition and nutritive value of food.

F. B. 234. The guinea fowl and its uses as food.

F. B. 535. Sugar and its value as food.

F. B. 602. Production of clean milk.

*F. B. 69. Restoring the consistency of pasteurized cream (whipping cream). Price, 5 cents.

*F. B. 73. Losses in cooking vegetables. Price, 5 cents.

*F. B. 79. Mushrooms as food. Price, 5 cents.

*F. B. 114. Skim milk in bread making. Price, 5 cents.

*F. B. 149. The digestibility of raw, pasteurized, and cooked milk. Price, 5 cents.

*F. B. 162. Cooking meat. Price, 5 cents.

*F. B. 193. Cooking meat. Price, 5 cents.

*F. B. 281. Storing preserves, canned fruits, and canned vegetables. Price, 5 cents.

*F. B. 329. Cane sugar and beet sugar for canning and jelly making. Price, 5 cents.

*F. B. 360. Hulled corn. Price, 5 cents.

*Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

- *F. B. 360. Methods of mixing fat into dough. Price, 5 cents.
- *F. B. 374. Flour for making baking-powder biscuits. Price, 5 cents.
- *F. B. 384. Whipped cream. Price, 5 cents.
- *F. B. 419. Sweet potatoes and their preparation for the table. Price, 5 cents.
- *F. B. 517. Uses of the sweet potato. Price, 5 cents.
- *Expt. Sta. Bul. 193. Studies of the effect of different methods of cooking upon the thoroughness and easy digestion of meat at the University of Illinois. Price, 15 cents.
- *Expt. Sta. Bul. 28. Chemical composition of American food materials. Price, 10 cents.
- *Expt. Sta. Bul. 43. Losses in boiling vegetables and composition and digestibility of potatoes and eggs. Price, 5 cents.
- *Expt. Sta. Bul. 85. Report of the investigations on the digestibility and nutritive value of bread. Price, 5 cents.
- *Expt. Sta. Bul. 102. Experiments on losses in cooking meat. Price, 5 cents.
- *Expt. Sta. Bul. 126. Studies on the digestibility and nutritive value of bread at the University of Minnesota. Price, 5 cents.
- *Expt. Sta. Bul. 141. Experiments on losses in cooking meat. Price, 5 cents.
- *Expt. Sta. Bul. 143. Studies on the digestibility and nutritive value of bread at Maine Agricultural Experiment Station. Price, 5 cents.
- *Expt. Sta. Bul. 156. Studies on the digestibility and nutritive value of bread and macaroni at the University of Minnesota. Price, 15 cents.
- *Expt. Sta. Bul. 162. Studies of the influence of cooking upon the nutritive value of meat. Price, 20 cents.
- *Dept. Bul. 27. Bouillon cubes, their contents and food value compared with meat extracts and homemade preparations of meat. Price, 5 cents.
- Y. B. Sep. No. 623. Supplementing our meat supply with fish.
- *Chem. Bul. 77. Olive oil and its substitutes. Price, 10 cents.
- F. C. D. Cir. 776. Fireless cooker and recipes.
- *F. B. 296. The hay box, or fireless cooker. Price, 5 cents.
- *Expt. Sta. Syllabus 15. Illustrated lecture on the homemade fireless cooker. Price, 5 cents.

CANNING AND PRESERVING.

- *F. B. 73. The cause and prevention of swells in canned goods. Price, 5 cents.
- F. B. 78. The preservation of grape juice and sweet cider.
- *F. B. 119. Fresh and canned tomatoes. Price, 5 cents.
- *F. B. 122. Preparation of unfermented grape juice. Price, 5 cents.
- *F. B. 169. A method of preserving sweet potatoes. Price, 5 cents.
- *F. B. 210. Canning cheese. Price, 5 cents.
- *F. B. 225. Prevention of swelling in canned peas. Price, 5 cents.
- *F. B. 259. Use of a cheap canning outfit. Price, 5 cents.
- *F. B. 262. Improved method of canning. Price, 5 cents.
- F. B. 281. Storing preserves, canned fruits, and canned vegetables.
- *F. B. 296. Pickling olives and mock olives for home use. Price, 5 cents.
- *F. B. 329. Cane sugar and beet sugar for canning and jelly making. Price, 5 cents.
- *F. B. 342. Preserving wild mushrooms. Price, 5 cents.
- *F. B. 388. Jelly and jelly making. Price, 5 cents.
- *F. B. 342. Fig culture in the South (includes methods of canning and preserving). Price, 5 cents.
- F. B. 359. Canning vegetables in the home.
- *Chem. Bul. 70. Manufacture of table sirups from sugar cane. Price, 10 cents.
- F. B. 477. Sorghum sirup manufacture.
- *Chem. Bul. 129. Experiments in cider making applicable to farm conditions. Price, 5 cents.
- *Chem. Bul. 134. Maple-sap sirup, its manufacture, composition, and effect of environment thereon. Price, 25 cents.
- F. B. 516. The production of maple sirup and sugar.
- *Chem. Cir. 51. Value of peaches as vinegar stock. Price, 5 cents.
- *Chem. Cir. 57. Experiments on preparation of sugared dried pineapples. Price, 5 cents.
- *Chem. Cir. 98. Practical suggestions for preparation of frozen and dried eggs. Statement based on investigation made in producing section during the summer of 1911. Price, 5 cents.
- F. B. 183. Meat on the farm: Butchering, curing, and keeping.
- *F. B. 296. Preserving eggs in water glass. Price, 5 cents.
- *F. B. 353. Preservation of eggs. Price, 5 cents.
- *F. B. 353. A cheap and efficient ice box. Price, 5 cents.

See also "Organization of agricultural clubs" and "Small fruits" for other bulletins on canning.

HOUSEHOLD PUBLICATIONS OF OTHER DEPARTMENTS.

- U. S. Bu. Fish. Econ. Cir. 11. Canned salmon cheaper than meats and why. (50 tested recipes.)
- *Department of the Interior bulletin, Lessons in cooking for the sick and convalescent. Price, 5 cents.
- *Outline lessons in housekeeping, including cooking, laundering, dairying, and nursing, for use in Indian schools. Price, 5 cents.
- *Some things that girls should know how to do and hence should learn how to do when in school. Price, 5 cents.
- *Daily meals of school children. (U. S. Bureau of Education Bulletin, 1909, No. 3.) Description of typical inexpensive lunches, methods of using food, food values, etc. Price, 10 cents.

These suggestions as to activities or lines of study for individuals and women's organizations by no means exhaust the fields in which the various departments of the Government stand ready to cooperate with people who are interested in obtaining knowledge or practical results in definite fields. Comparatively few people realize the willingness of the Government or its capacity to help them in varied lines of endeavor. The Government's publications, most of which are free or to be obtained for a nominal price, number many thousands of titles and a great variety of subjects. Those in doubt as to whether the Government can supply them with information on any particular topic should address a post card to the Superintendent of Documents, Government Printing Office, Washington, D. C., asking him for lists of Government publications. These lists, which will be sent free, are an index to a vast collection of valuable information readily accessible to the people. (See Appendix D.)

APPENDIX B.

HOW FARM WOMEN MAY GET HELP UNDER THE SMITH-LEVER EXTENSION ACT.

The funds appropriated under the extension act of May 8, 1914 (the Smith-Lever Act), are given to the State agricultural colleges to enable them to employ men and women as county agents and experts who will move about among the farming people, demonstrate good methods of agriculture and home economics, cooperate with them in studying their farm and home problems, and assist them in the adoption of better methods on their farms or in their homes. The department has entered into cooperative agreements with the colleges by which its own funds for extension work are used to supplement the Smith-Lever and State funds for similar purposes and are expended through the extension divisions of the colleges.

Already many of the colleges have appointed women as extension experts in home economics, and others are planning to do so. In nearly all the Southern States women county agents are already at work in connection with the demonstration work carried on by the agricultural colleges and the United States Department of Agriculture.

These agents will enroll women in home demonstration work and will continue to conduct girls' clubs. They will have the women demonstrate the preparation and use of products from canning clubs, poultry clubs, pig clubs, and the winter garden. Accompanying the use of the club products, the women on the farms will be shown how to make or secure labor-saving devices and conveniences. They will also be encouraged by the county agents to find and extend to others the best methods of work and conveniences already discovered and in use in their communities.

Instruction will be furnished by means of demonstrations, visits from the county agent, circulars, letters, and bulletins from the State agricultural colleges and the United States Department of Agriculture.

In the Northern and Western States the principal work has thus far been done by home economics experts connected with the agricultural colleges, but a beginning of the canning club work for girls has been made. The number of home economics experts who are doing work among the farm women is being rapidly increased. It is hoped that before long there will be women agents in every county in the United States.

To avail themselves of the aid offered by the extension organizations in the several States the farm women should, if possible, form local clubs and then communicate with the county agent, whether man or woman, or with the State agricultural college. In this way the club will often be able to secure a visit from the county agent or from a home economics expert from the college. If it is not feasible to form a club immediately, the women should write individually to the college or the county agent. The following is a list of the State extension directors:

ADDRESS LIST OF STATE INSTITUTIONS AND OFFICERS IN CHARGE OF AGRICULTURAL EXTENSION WORK UNDER THE SMITH-LEVER ACT.

Institution.	Address.	Officer.
Alabama Polytechnic Inst.	Auburn, Ala.	J. F. Duggar, Dir. of Ext. Work.
Col. of Agr., Univ. of Ariz.	Tucson, Ariz.	S. F. Morse, Supt. of Ext.
Col. of Agr., Univ. of Ark.	Fayetteville, Ark.	Martin Nelson, Dir. Ext. Work.
Col. of Agr., Univ. of Cal.	Berkeley, Cal.	Warren T. Clarke, Prof. Agr. Ext.
State Agr. College of Colo.	Fort Collins, Colo.	C. A. Lory, Act. Dir. Ext. Service.
Connecticut Agr. College	Storrs, Conn.	C. D. Jarvis, Dir. Ext. Service.
Delaware College.	Newark, Del.	H. Hayward, Dir. Ext. Service.
Col. of Agr., Univ. of Fla.	Gainesville, Fla.	P. H. Rolfs, Dir. Ext. Div.
Georgia State Col. of Agr.	Athens, Ga.	A. M. Soule, Dir. Ext. Dept.
Col. of Agr., Univ. of Idaho.	Boise, Idaho.	O. D. Center, Dir. Ext. Work.
Col. of Agr., Univ. of Ill.	Urbana, Ill.	W. F. Handeschin, Vice Dir. Agr. Ext. Service.
Purdue University	La Fayette, Ind.	G. I. Christie, Supt. Agr. Ext.
Iowa State College	Ames, Iowa.	R. K. Bliss, Dir. Ext.
Kansas State Agr. College	Manhattan, Kans.	J. H. Miller, Dean, Div. Col. Ext.
Col. of Agr., State Univ.	Lexington, Ky.	Fred Mutchler, Supt. Agr. Ext.
La. State Univ. and A. and M. Col.	Baton Rouge, La.	W. R. Dodson, Dir. Agr. Ext.
Col. of Agr., Univ. of Maine	Orono, Me.	L. S. Merrill, Dir. Agr. Ext.
Maryland Agr. College	College Park, Md.	Thos. B. Symons, Dir. of Ext.
Massachusetts Agr. College	Amherst, Mass.	W. D. Hurd, Dir. of Ext. Service.
Michigan Agr. College	East Lansing, Mich.	R. J. Baldwin, Supt. of Ext.
Col. of Agr., Univ. of Minn.	University Farm, St. Paul, Minn.	A. D. Wilson, Dir. Ext. and F. I.
Miss. Agr. and Mech. College	Agr. College, Miss.	
Col. of Agr., Univ. of Missouri	Columbia, Mo.	A. J. Meyer, Sec'y of Agr. Ext.
Montana State College	Bozeman, Mont.	F. S. Cooley, Dir. Ext. Service.
Col. of Agr., Univ. of Nebr.	Lincoln, Nebr.	C. W. Pugsley, Dir. Agr. Ext. Service.
Col. of Agr., Univ. of Nev.	Reno, Nev.	C. S. Knight, Dir. Agr. Ext.
N. H. Col. of A. and M. Arts.	Durham, N. H.	J. C. Kendall, Dir. Ext. Work.
Rutgers Scientific School	New Brunswick, N. J.	Alva Acee, Dir. Div. of Ext.
N. Mex. Col. of A. and M. Arts.	State College, N. Mex.	A. C. Cooley, Dir. Ext. Work.
N. Y. State College of Agr.	Ithaca, N. Y.	B. T. Galloway, Dir. Div. of Ext.
N. C. Col. of A. and M. Arts.	West Raleigh, N. C.	B. W. Kilgore, Dir. Ext. Service.
N. Dak. Agr. College	Agr. College, N. Dak.	T. P. Cooper, Dir. Ext. Work.
Col. of Agr., Ohio State Univ.	Columbus, Ohio.	H. C. Price, Dir. Agr. Ext. Work.
Okla. Agr. and Mech. College	Stillwater, Okla.	W. D. Bentley, Dir. of Ext.
Oregon State Agr. College	Corvallis, Ore.	R. D. Hetzel, Dir. Ext. Work.
Pennsylvania State College	State College, Pa.	M. S. McDowell, Dir. Agr. Ext. Work.
R. I. State College	Kingston, R. I.	A. E. Stens, Dir. Ext. Service.
Clemson Agr. College of S. C.	Clemson College, S. C.	W. W. Long, Dir. of Ext.
S. Dak. State College	Brookings, S. Dak.	
Col. of Agr., Univ. of Tenn.	Knoxville, Tenn.	C. A. Keffer, Dir. Div. of Ext.
A. and M. College of Texas	College Sta., Texas.	Clarence Ousley, Dir. Ext. Service.
Agr. College of Utah	Logan, Utah	E. G. Peterson, Dir. Agr. Ext. Div.
Col. of Agr., Univ. of Vermont	Burlington, Vt.	Thos. Bradley, Dir. Ext. Service.
Virginia Polytechnic Inst.	Blacksburg, Va.	J. D. Eggleston, Act. Dir. Ext. Work.
State College of Washington	Pullman, Wash.	J. A. Tormey, Dir. Ext. Div.
Col. of Agr., W. Va. Univ.	Morgantown, W. Va.	C. R. Titlow, Dir. Agr. Ext.
Col. of Agr., Univ. of Wis.	Madison, Wis.	K. L. Hatch, Asst. Dir. Agr. Ext. Service.
Col. of Agr., Univ. of Wyo.	Laramie, Wyo.	A. E. Bowman, Dir. Ext. Work.

APPENDIX C.

LIST OF FREE OR AVAILABLE PUBLICATIONS OF THE UNITED STATES DEPARTMENT OF AGRICULTURE OF INTEREST TO FARM WOMEN.

Application for publications in this list should be made to the Editor and Chief of the Division of Publications, United States Department of Agriculture, Washington, D. C.¹ Because of the limited supply, applicants are urgently requested to ask only for those publications in which they are particularly interested. The department can not undertake to supply complete sets, nor is it allowable to send more than one copy of each publication to an applicant. In applying for these publications the name of the series and the title and number of the bulletin or circular should be given.

AGRICULTURAL CLUBS.

(See "Organizing agricultural clubs for children," Appendix A.)

B. P. I. Doc. 644 rev. Boys' demonstration work. The corn club.

F. B. 566. Boys' pig clubs, with special reference to their organization in the South.

¹ Price lists of Government publications for sale by the Superintendent of Documents, Government Printing Office, Washington, D. C., are shown in Appendix D.

- B. P. I. Doc. \$70 rev. Girls' demonstration work. The canning clubs.
 B. P. I. Doc. 803. Organization and instruction in boys' corn-club work.
 F. B. 562. Organization of boys' and girls' poultry clubs.
 B. P. I. Doc. 884. Potato growing as club work in the North and West.
 B. P. I. Doc. 888. Tomato growing as club work in the North and West.

AGRICULTURAL EDUCATION AND NATURE STUDY.

(See "Study of plants and trees" and "Gardening," Appendix A.)

- F. B. 218. The school garden.
 F. B. 428. Testing farm seeds in the home and in the rural school.
 F. B. 586. Collection and preservation of plant material for use in the study of agriculture.
 F. B. 606. Collection and preservation of insects and other material for use in the study of agriculture.
 F. B. 617. School lessons on corn.
 F. B. 396. The muskrat.
 F. B. 496. Raising Belgian hares and other rabbits.
 F. B. 525. Raising guinea pigs.
 F. B. 583. The common mole of the eastern United States.
 F. B. 587. Economic value of North American skunks.
 F. B. 638. Laboratory exercises in farm mechanics for agricultural high schools.
 Dept. Bul. 132. Correlating agriculture with the public school subjects in the Southern States.

ELEMENTARY FORESTRY.

- F. B. 173. A primer of forestry. Part I: The Forest.
 F. B. 358. A primer of forestry. Part II: Practical Forestry.
 *F. B. 468. Forestry in nature study. Price, 5 cents.
 F. B. 134. Tree planting on rural school grounds.
 *F. B. 423. Forest nurseries for schools. Price, 5 cents.
 *F. B. 228. Forest planting and farm management. Price, 5 cents.
 *F. B. 387. The preservative treatment of farm timbers. Price, 5 cents.
 *For. Serv. Cir. 130. Forestry in public schools. Price, 5 cents.
 *For. Serv. Cir. 96. Arbor Day. Price, 5 cents.

BEEES.

- F. B. 447. Bees.
 F. B. 503. Comb honey.
 *F. B. 334. Extraction of beeswax. Price, 5 cents.
 F. B. 442. The treatment of bee diseases.

BIRDS.

(See "Study of birds and mammals," Appendix A.)

- F. B. 493. The English sparrow as a pest.
 F. B. 506. Food of some well-known birds of forest, farm, and garden.
 F. B. 54. Some common birds in their relation to agriculture.
 F. B. 456. Our grosbeaks and their value to agriculture.
 F. B. 497. Some common game, aquatic, and rapacious birds in relation to man.
 Y. B. Sep. 504. Plants useful to attract birds and protect fruit.
 F. B. 390. Pheasant raising in the United States.
 F. B. 609. Bird houses and how to build them.
 F. B. 621. How to attract birds in northeastern United States.
 F. B. 630. Some common birds useful to the farmer.

DAIRYING.

(See "Protection of food supply," Appendix A.)

- *B. A. I. Cir. 218. Legal standards for dairy products. Price, 5 cents.
 Y. B. Sep. 606. Dairying and its relation to agriculture in semiarid sections.
 F. B. 106. Breeds of dairy cattle.
 F. B. 355. A successful poultry and dairy farm.
 F. B. 55. The dairy herd.
 F. B. 349. The dairy industry in the South.
 F. B. 623. Ice houses and the use of ice on the dairy farm.
 F. B. 490. Bacteria in milk.
 F. B. 541. Farm butter making.
 F. B. 166. Cheese making on the farm.
 F. B. 504. Losses due to low-grade cream.
 F. B. 413. The care of milk and its use in the home.
 F. B. 608. Removing garlic flavor from milk and cream.
 F. B. 602. Production of clean milk.

DOMESTICATION OF WILD ANIMALS.

- F. B. 328. Silver fox farming.
 F. B. 390. Pheasant raising in the United States.
 F. B. 396. The muskrat.
 F. B. 496. Raising Belgian hares and other rabbits.
 F. B. 525. Raising guinea pigs.
 F. B. 587. Economic value of North American skunks.

DRUGS.

(See "Protection of food supply," Appendix A.)

- F. B. 377. Harmfulness of headache mixtures.
 F. B. 393. Habit-forming agents: Their indiscriminate sale and use a menace to the public welfare.

FARM BUILDINGS.

- F. B. 574. Poultry-house construction.
 F. B. 438. Hog houses.
 F. B. 589. Homemade silos.
 F. B. 609. Bird houses and how to build them.
 F. B. 475. Ice houses.
 F. B. 623. Ice houses and the use of ice on the dairy farm.
 F. B. 461. The use of concrete on the farm.

FARM CONVENIENCES.

- F. B. 270. Modern conveniences for the farm home.
 Dept. Bul. 57. Water supply, plumbing, and sewage disposal for country homes.
 F. B. 607. The farm kitchen as a workshop.

FARMERS' INSTITUTES.

- Expt. Sta. Cir. 85. Farmers' institutes for women.

FARM MANAGEMENT.

- *B. P. I. Cir. 75. Agricultural survey of four townships in southern New Hampshire. Price, 5 cents.
 B. P. I. Cir. 128a. Miscellaneous papers: Some profitable and unprofitable farms in New Hampshire.
 B. P. I. Cir. 132a. Miscellaneous papers: The farmer's income.
 *Y. B. Sep. 567. Seasonal distribution of labor on the farm. Price, 5 cents.
 Y. B. Sep. 617. Factors of efficiency in farming.
 Dept. Bul. 32. An example of successful farm management in southern New York.
 Dept. Bul. 41. A farm management survey of three representative areas of Indiana, Illinois, and Iowa.
 Dept. Bul. 117. Profits in farming on irrigated areas in Utah Lake Valley.
 *B. P. I. Bul. 236. Farm management: Organization of research and teaching. Price, 20 cents.
 B. P. I. Bul. 259. What is farm management?

FARM BOOKKEEPING.

- F. B. 511. Farm bookkeeping.
 F. B. 572. A system of farm cost accounting.
 F. B. 593. How to use farm credit.
 F. B. 635. What the farm contributes directly to the farmer's living.
 F. B. 364. A profitable cotton farm. (South Carolina.)
 F. B. 432. How a city family managed a farm. (Virginia.)
 F. B. 437. A system of tenant farming and its results. (Eastern Maryland.)
 F. B. 454. A successful New York farm.
 F. B. 472. Systems of farming in central New Jersey.
 F. B. 519. An example of intensive farming in the cotton belt. (Alabama.)
 F. B. 614. A corn-belt farming system which saves labor by hogging down crops.
 *Dept. Bul. 3. A normal day's work for various farm operations. Price, 10 cents.
 *Dept. Bul. 29. Crew work, costs, and returns in commercial orcharding in West Virginia. Price, 5 cents.
 *Dept. Bul. 130. Operating costs of a well-established New York apple orchard. Price, 5 cents.

MODEL FARMS.

(The States in which these are located are indicated.)

- F. B. 242. An example of model farming. (Pennsylvania.)
 F. B. 272. A successful hog and seed-corn farm. (Illinois.)
 *F. B. 280. A profitable tenant dairy farm. (Michigan.) Price, 5 cents.
 *F. B. 299. Diversified farming under the plantation system. (Louisiana.) Price, 5 cents.
 F. B. 310. A successful Alabama diversification farm.
 F. B. 312. A successful southern hay farm. (South Carolina.)
 F. B. 325. Small farms in the corn belt. (Nebraska.)
 F. B. 326. Building up a run-down cotton plantation. (Arkansas.)
 F. B. 355. A successful poultry and dairy farm. (Washington.)

FLORICULTURE.

(See "Gardening," Appendix A.)

- F. B. 195. Annual flowering plants.

FOODS AND THEIR PREPARATION.

(See "Foods and cooking" and "Protection of food supply," Appendix A.)

- F. B. 375. Care of food in the home.
 F. B. 291. Evaporation of apples.
 F. B. 389. Bread and bread making.
 F. B. 203. Canned fruits, preserves, and jellies: Household methods of preparation.
 F. B. 426. Canning peaches on the farm.
 F. B. 521. Canning tomatoes at home and in club work: I. Canned tomatoes, catsup, chowchow, etc. II. Canning tomatoes in clubs and for market.
 F. B. 359. Canning vegetables in the home.
 F. B. 249. Cereal breakfast foods.
 F. B. 487. Cheese and its economical uses in the diet.
 F. B. 298. Food value of corn and corn products.
 F. B. 559. Use of corn, kafir, and cowpeas in the home.
 F. B. 565. Corn meal as a food product and ways of using it.
 F. B. 128, rev. Eggs and their uses as food.
 Y. B. Sep. 596. How the produce dealer may improve the quality of poultry and eggs.
 F. B. 85, rev. Fish as food.
 F. B. 293. Use of fruit as food.
 F. B. 175. Home manufacture and use of unfermented grape juice.
 *Chem. Bul. 118. Unfermented apple juice. Price, 5 cents.
 F. B. 121, rev. Beans, peas, and other legumes as foods.
 *F. B. 169. The food value of beans. Price, 5 cents.
 F. B. 391. Economical use of meat in the home.
 F. B. 183, rev. Meat on the farm: Butchering, curing, and keeping.
 F. B. 34. Meats: Composition and cooking.
 F. B. 526. Mutton and its value in the diet.
 F. B. 296. The muskrat.
 *F. B. 435. Experiment Station work. Market classes and grades of meat. Price, 5 cents.
 *F. B. 479. Experiment Station work. Preparation of choice hams. Price, 5 cents.
 F. B. 496. Raising Belgian hares and other rabbits.
 F. B. 363. The use of milk as food.
 F. B. 413. The care of milk and its use in the home.
 F. B. 332. Nuts and their uses as food.
 B. P. I. Cir. 98. Peanut butter.
 F. B. 431. The peanut.
 F. B. 553. Pop corn for the home.
 F. B. 295. Potatoes and other root crops as food.
 F. B. 407. The potato as a truck crop.
 F. B. 182. Poultry as food.
 F. B. 390. Pheasant raising in the United States.
 F. B. 493. The English sparrow.
 F. B. 535. Sugar and its value as food.
 F. B. 516. The production of maple sugar and sirup.
 F. B. 324. Sweet potatoes.
 F. B. 548. Storing and marketing sweet potatoes.
 F. B. 256. Preparation of vegetables for the table.

FRUIT CULTURE.

- F. B. 154. The home fruit garden: Preparation and care.
 F. B. 113. The apple and how to grow it.
 F. B. 491. The profitable management of the small apple orchard on the farm.
 F. B. 631. Growing peaches: Sites, planting, tillage, etc.
 F. B. 632. Growing peaches: Pruning, thinning, etc.
 F. B. 633. Growing peaches: Varieties and classification.
 F. B. 482. The pear and how to grow it.
 F. B. 471. Grape propagation, pruning, and training.
 F. B. 538. Sites, soils, and varieties for citrus groves in the Gulf States.
 F. B. 539. Propagation of citrus trees in the Gulf States.
 F. B. 542. Culture, fertilization, and frost protection of citrus groves in the Gulf States.
 F. B. 213. Raspberries.
 F. B. 307. Roselle: Its culture and uses.
 F. B. 198. Strawberries.

FUR FARMING.

- F. B. 328. Silver fox farming.
 F. B. 396. The muskrat.
 F. B. 587. Economic value of North American skunks.

GUINEA PIGS.

- F. B. 525. Raising guinea pigs.

HOME GROUNDS.

- F. B. 185. Beautifying the home grounds.
 F. B. 494. Lawns and lawn soils.
 F. B. 609. Bird houses and how to build them.
 F. B. 621. How to attract birds in northeastern United States.
 Y. B. Sep. 504. Plants useful to attract birds and protect fruit.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

HOUSEHOLD INSECTS.

(See "Study of insects," Appendix A.)

- Ento. Cir. 34, rev. House ants.
 Ento. Cir. 47, rev. The bedbug.
 F. B. 626. The carpet beetle or "Buffalo moth."
 F. B. 627. The house centipede.
 Ento. Cir. 77. Harvest mites or "chiggers."
 *Ento. Cir. 51, rev. Cockroaches. Price, 5 cents.
 Ento. Cir. 108. House fleas.
 F. B. 459. House flies.
 F. B. 444. Remedies and preventives against mosquitoes.
 F. B. 450. Some facts about malaria.
 F. B. 547. The yellow fever mosquito.
 Ento. Cir. 36, rev. The true clothes moths.
 Ento. Cir. 49. The silverfish.
 Ento. Cir. 50, rev. The white ant.

HYGIENE AND SANITATION.

(See "Health and community sanitation," Appendix A.)

- F. B. 478. How to prevent typhoid fever.
 F. B. 463. The sanitary privy.
 F. B. 345. Some common disinfectants.
 F. B. 450. Some facts about malaria.
 F. B. 369. How to destroy rats.

ICE.

- F. B. 475. Ice houses.
 F. B. 623. Ice houses and the use of ice on the dairy farm.

INDUSTRIAL ALCOHOL.

- F. B. 269. Industrial alcohol: Uses and statistics.
 F. B. 429. Industrial alcohol: Sources and manufacture.

PAINT AND WHITEWASHES.

- F. B. 474. The use of paint on the farm.

PESTS (OTHER THAN INSECT).

- F. B. 369. How to destroy rats.
 F. B. 493. The English sparrow as a pest.
 F. B. 583. The common mole of the eastern United States.
 F. B. 396. The muskrat.
 Y. B. Sep. 571. Crawfish as crop destroyers.

POULTRY.

(See "Poultry," Appendix A.)

- F. B. 562. Organization of boys' and girls' poultry clubs.
 F. E. 528. Hints to poultry raisers.
 F. B. 287. Poultry management.
 F. B. 51. Standard varieties of chickens.
 F. B. 594. Shipping eggs by parcel post.
 *Ento. Cir. 92. Mites and lice on poultry. Price, 5 cents.
 *Ento. Cir. 170. The fowl tick. Price, 5 cents.
 F. B. 530. Important poultry diseases.
 F. B. 64. Ducks and geese: Standard breeds and management.
 F. B. 234. The guinea fowl and its use as food.
 F. B. 585. Natural and artificial incubation of hen's eggs.
 F. B. 624. Natural and artificial brooding of chickens.
 *Y. B. Sep. 591. Handling of dressed poultry a thousand miles from market. Price, 15 cents.
 *Y. B. Sep. 596. How the produce dealer may improve the quality of poultry and eggs. Price, 5 cents.
 F. B. 445. Marketing eggs through the creamery.
 F. B. 594. Shipping eggs by parcel post.
 F. B. 390. Pheasant raising in the United States.
 F. B. 200. Turkeys: Standard varieties and management.

RABBITS.

- F. B. 496. Raising Belgian hares and other rabbits.

RATS.

- F. B. 369. How to destroy rats.

ROADS.

(See "Road improvement," Appendix A.)

- F. B. 505. Benefits of improved roads.
- F. B. 597. The road drag and how it is used.
- F. B. 338. Macadam roads.
- F. B. 311. Sand-clay and burnt-clay roads.

SCHOOL GARDENS.

(See "Gardening," Appendix A.)

- F. B. 218. The school garden.
- *F. B. 423. Forest nurseries for schools. Price, 5 cents.

TREES.

(See "Study of plants and trees," Appendix A.)

- F. B. 134. Tree planting on rural school grounds.

VEGETABLE CULTURE.

(See "Gardening," Appendix A.)

- F. B. 255. The home vegetable garden.
- F. B. 61. Asparagus culture.
- F. B. 289. Beans.
- F. B. 433. Cabbage.
- F. B. 282. Celery.
- F. B. 254. Cucumbers.
- F. B. 204. The cultivation of mushrooms.
- F. B. 232. Okra: Its culture and uses.
- F. B. 354. Onion culture.
- F. B. 220. Tomatoes.

MISCELLANEOUS PUBLICATIONS.

BUREAU OF PLANT INDUSTRY BULLETINS.

- *No. 116. The tuna as food for man. Price, 25 cents.
- *No. 124. The prickly pear as a farm crop. Price, 10 cents.
- *No. 140. The "spineless" prickly pears. Price, 10 cents.
- *No. 165. Application of some of the principles of heredity to plant breeding. Price, 10 cents.

BUREAU OF PLANT INDUSTRY CIRCULARS.

- *No. 117. Miscellaneous papers: Relation of agricultural extension agencies to farm practices. Price, 5 cents.
- No. 132a. Miscellaneous papers: The farmer's income.

APPENDIX D.

THE GOVERNMENT BOOKSTORE.

The Government of the United States has a bookstore filling the seven-story building on H Street, known as the Annex to the Government Printing Office. This is in charge of the Superintendent of Documents, who has for sale at actual cost to the public more than two and a half million books and bulletins published officially by the various Federal departments. This collection of official material covers a wide range of subjects and offers publications of value to persons interested in almost any branch of investigation or serious reading. Most of these publications are obtainable for 5 or 10 cents, with postage prepaid by the Government except to most foreign countries.

The price affixed in each instance simply covers the actual cost for printing, paper, and mailing, and in no sense represents the initial investment of the Government in the time employed in the research by the authors, or the material and facilities used by them in their investigations.

To make these publications accessible by subject to the public, the Superintendent of Documents issues the following price lists which he will supply free on application:

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

LISTS OF GOVERNMENT PUBLICATIONS.

10. Laws of the United States of America. Describes all the different forms in which the Laws have been and are officially published.
11. American Foods and Cooking. "Uncle Sam's Cook Book."
15. U. S. Geological Survey. The Survey is a prolific publisher.
16. Farmers' Bulletins and Yearbooks. This is the farmers' list. It is more in demand than any other.
18. Engineering and Surveying. Coast and Geodetic Survey publications and Engineer Corps reports on rivers and harbors.
19. The Army and the Organized Militia. American military documents, of which there are more than many peaceful citizens are aware.
20. Public Domain. Relates to public lands, conservation, irrigation, homesteading, etc.
21. Fishes of the United States. The fishery industries as well as the fishes are considered.
24. Indians of North America. Historical, ethnological, educational, and philological documents, with many illustrations.
25. Land and Water Transportation. Does not include Interstate Commerce Commission publications, which are in list 59.
28. Finances of the United States. The National Monetary Commission, the new financial legislation, the income tax, etc.
31. Education in the United States. Recent issues of bulletins are numerous and timely.
32. Noncontiguous Territory. Relates to the Philippines, Hawaii, Porto Rico, Guam, Samoa, and the occupations of Cuba.
33. Labor Questions. Titles relating to labor disputes, and plans to lighten the lot of wage workers.
35. Geography and Explorations. Reports on the early explorations as well as the later ones.
36. Government Periodicals. More than 50 periodicals—daily, weekly, and monthly.
37. Tariff Legislation. The old and the new tariffs with incidental documents.
38. Animal Industry. Describing the domestic animals in health and disease. Includes dairy, poultry, and birds.
40. Agricultural Chemistry. This is a branch of the Agriculture Department.
41. Insect Pests and How to Fight Them. From the Entomology Bureau.
42. Agricultural Experimentation. Nutrition, drainage, agricultural extension, etc.
43. Forest Service. Work of this extensive service is well covered.
44. Plant Life. All economic plant growth and its maladies and cures.
45. Public Roads Office. Reports results of extensive experimentation.
46. Soils and Fertilizers. American soils have been surveyed, described, analyzed, and classified.
48. Weather Bureau Publications. Telling what is scientifically known about the weather.
49. Congressional Records and other published proceedings of Congress.
50. American History and Biography. Many historical episodes have been described, and such descriptions are the material from which history is made.
51. Health, Disease, and Sanitation. Chiefly issues of Public Health Service.
53. Maps. Includes the United States and State maps published by the Land Office.
54. Miscellaneous. Several important subjects are grouped in this list. Corporations, immigration, referendum, liquor, and woman suffrage are among them.
55. National Museum Publications. The Museum publications are all public documents and are on sale.
56. Smithsonian Institution Reports. The General Appendix to the Report is a scientific miscellany that supplies an array of interesting titles.
57. Astronomical Papers of the Naval Observatory. Includes papers by Simon Newcomb and other astronomers of note.
58. Mines and Mining. Mainly made up of issues of the Mines Bureau.
59. Interstate Commerce Commission Publications. Relate to transportation.
60. Alaska Territory. Numerous publications relating to the newest of the Territories.
61. Panama Canal and the Canal Zone. From the inception of the idea to the present time.
62. Commerce and Manufactures. Information about Central and South America especially.
63. The Navy and the Naval Reserve. Official documents, new and old.
64. Standards of Weights, Measures, etc. Relate to the exact sciences.
65. Foreign Relations of the United States. Mainly selections from diplomatic correspondence.

These lists are constantly being reprinted and new lists are issued frequently. The names of applicants for lists that are not in stock are recorded and their requests complied with as soon as suitable lists become available.

HOW TO BUY BOOKS FROM THE GOVERNMENT BOOKSTORE.

When any of the Federal departments issues a publication, it is allowed a limited number of copies for free distribution. When a department's supply of any publication is exhausted, the Superintendent of Documents, if there is a public demand for additional copies, reprints the publications and offers them for sale at actual cost for printing and paper. Comparatively few people, however, understand that the Superintendent of Documents has no connection with any of the other departments or know exactly how to purchase documents from him.

The method is as follows: To secure any specific document, the price of which is known, the prospective reader should send an order, accompanied by a money order, express order, certified check, or New York draft, covering the price; or he can send currency at his own risk. Postage stamps, foreign money, and worn or mutilated coins are not acceptable.

In the event that the reader does not know the title of the document and simply wishes to find what the Government issues on any topic, he should write a letter or post card to the Superintendent of Documents, asking him to send a list of available documents on the topic. Such lists will be sent without charge.

APPENDIX E.

PUBLICATIONS ON SCHOOL AND HOME EDUCATION AND THE CARE OF CHILDREN.

UNITED STATES BUREAU OF EDUCATION, DEPARTMENT OF THE INTERIOR.

(Documents not starred may be had free upon application to the Commissioner of Education, Washington, D. C.)

BULLETINS.

- *1909, No. 3. Daily meals of school children. Price, 10 cents.
Description of typical inexpensive lunches, methods of using food, food values, etc.
- *1912, No. 17. The Montessori system of education. Price, 5 cents.
A simple description of the Italian teacher's contribution to methods of instructing young children, especially in the home. (See also 1914, No. 28.)
- *1912, No. 28. Cultivating the school grounds in Wake County, N. C. Price, 5 cents.
Suggests practical methods whereby country women may help in school industrial work.
- *1913, No. 12. The promotion of peace. Price, 10 cents.
Contains programs for school celebrations, more particularly in behalf of the peace movement.
- *1913, No. 20. Illiteracy in the United States. Price, 10 cents.
Shows how one determined country woman wiped out illiteracy in her mountain district. Interestingly illustrated.
- *1913, No. 30. Education in the South. Price, 10 cents.
Brief statements of about 100 phases of rural education and cooperation, including several with direct bearing on the problems of country women.
- *1913, No. 40. The reorganized school playground. Price, 10 cents.
Shows need for large playgrounds, whether in village or country, and gives examples of good playground apparatus.
- 1913, No. 42. An experimental rural school at Winthrop College.
A country school for country children, with the kitchen and garden as a basis for school work.
- *1913, No. 43. Agriculture and rural life day. Price, 10 cents.
Quotations and poems in praise of life on the farm.
- *1913, No. 47. Teaching material in Government publications. Price, 10 cents.
A guide to Government documents available for distribution.
- *1913, No. 48. School hygiene. Price, 15 cents.
Miscellaneous short articles on health, with a nontechnical summary of the health movement in the schools.
- 1914, No. 49. The Farragut School, a Tennessee country life high school.
A high school in the open country which adapted its work to country needs.
- 1913, No. 58. Educational system of rural Denmark.
Shows how a carefully worked out system of rural schools has built up rural prosperity and culture in Denmark.
- 1914, No. 5. The folk high school of Denmark.
See 1914, No. 22.
- 1914, No. 12. Rural schoolhouses and grounds.
Gives pictures and plans of country schools, with special reference to hygiene and sanitation.
- 1914, No. 18. The public-school system of Gary, Ind.
Description of a school system with special features of industrial work that are being copied in many communities.
- 1914, No. 20. A rural school and hookworm disease.
Describes the effect of hookworm disease and the work of the school in remedying it. Particularly suggestive for health improvement in country communities.
- 1914, No. 22. The Danish folk high school.
A somewhat more elaborate description of the Danish folk high school for "grown-ups," with a discussion of the possibility of adapting these schools to the United States.
- 1914, No. 23. Some trade schools in Europe.
A first-hand description of typical trade schools in England, France, and Germany. Fifty illustrations.
- 1914, No. 28. The Montessori method and the kindergarten.
Compares methods in the Montessori Italian schools with those of the kindergarten, and gives helpful suggestions for mothers in handling children from 2 to 6 years.
- 1914, No. 30. Consolidation of rural schools and transportation of pupils at public expense.
A statement of conditions as they are with arguments for and against. Illustrations of schools and transportation facilities.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

1914, No. 36. Education for the home.

A review of household arts and other instruction related to home problems. Contains lists of equipment for household arts.

1914. Play and recreation in rural communities. (In press.)

OTHER PUBLICATIONS.

Reading course for parents. No. III.

A list of books dealing with the care of children.

*Medical handbook. Price 50 cents.

A brief, simply written medical guide for the use of those remote from a physician. Designed for the Alaskan School Service of the Bureau of Education, but directly useful to country women.

OFFICE OF INDIAN AFFAIRS, DEPARTMENT OF THE INTERIOR.

The following publications while designed primarily for use in the education of Indians will be found equally useful in other schools and by parents of other races. Many of them will be particularly useful to mothers interested in the home education of their children in domestic occupations.

*Outline lessons in housekeeping, including cooking, laundering, dairying, and nursing, for use in Indian schools. Price 5 cents.

Contains also estimates for equipment and lists of references and textbooks. The outlines consist only of subject heads.

*Some things that girls should know how to do and hence should learn how to do when in school. Price 5 cents.

Suggestions in equipment—outlines of 41 exercises in equipment and preparation of food, of 8 in care and equipment of bedrooms, of 6 in housekeeping suggestions, of 13 in cleaning, of 13 in sewing, of 10 in laundering, of 8 in dairying, of 7 in care of the sick, and of 3 in the care of camp animals.

*Synopsis of course in sewing. Price 10 cents.

Illustrated directions for 17 sewing operations, from hemming to tucking, followed by outline lessons to cover 6 terms.

*Farm and home mechanics; some things that every boy should know how to do and hence should learn to do in school. Price 15 cents.

Drawings and directions for making 29 common farm articles; 23 common farm processes, with directions for learning them.

*Social plays, games, marches, old-folk dances, and rhythmic movements for use in Indian schools. Price 10 cents.

More than 150 games, graded for school children of all ages. Just as useful in white schools as in Indian schools.

THE CHILDREN'S BUREAU, DEPARTMENT OF LABOR.

The Children's Bureau, of the Department of Labor, is ready to supply the following publications dealing with the home and community care of small children:

Prenatal care.

Infant care. (Discusses the care of the child through the second year.)

Description of the New Zealand Society for the Health of Women and Children. (Describes a method of cooperation among mothers living in rural districts.)

Baby-saving campaigns. (Describes methods by which some American cities have undertaken to reduce their infant mortality; including samples of literature in various languages used in these campaigns.)

Birth registration as an aid in protecting the lives and rights of children.

APPENDIX F.

SANITATION AND HYGIENE—PUBLICATIONS OF THE UNITED STATES PUBLIC HEALTH SERVICE.

The unstarred titles in the following list of bulletins dealing with health and sanitation can be obtained free on application to the United States Public Health Service, Washington, D. C.:

PUBLIC HEALTH BULLETINS.

No. 35. The relation of climate to the treatment of pulmonary tuberculosis.

No. 36. Tuberculosis: Its nature and prevention.

No. 37. The sanitary privy: Its purpose and construction.

No. 42. Disinfectants: Their use and application in the prevention of communicable diseases.

No. 48. Pellagra. A precis (revised edition).

No. 58. Open-air schools for the cure and prevention of tuberculosis among children.

* Obtainable only by sending the price noted, in currency or money order (stamps not accepted), to the Superintendent of Documents, Government Printing Office, Washington, D. C.

REPRINTS FROM THE PUBLIC HEALTH REPORTS.

- No. 2. Plan of organization for suppression of smallpox in communities not provided with an organized board of health.
- *No. 9. The prevention of the spread of scarlet fever. Price, 5 cents.
- *No. 27. Danger and prevention of tetanus from Fourth of July wounds. Price, 5 cents.
- No. 28. Prevention and destruction of mosquitoes.
- No. 36. Hookworm disease and its relation to the negro.
- *No. 37. Treatment of hookworm disease. Price, 5 cents.
- *No. 39. A working plan for colored antituberculosis leagues. Price, 5 cents.
- *No. 42. Soil pollution and its relation to hookworm disease and typhoid fever. Price, 5 cents.
- No. 72. Vegetables as a possible factor in the dissemination of typhoid fever.
- No. 77. Sewage-polluted water supplies in relation to infant mortality.
- No. 100. Whooping cough: Its nature and prevention.
- No. 105. Antimalarial measures for farmhouses and plantations.
- No. 115. Hospital relief for rural districts.
- No. 116. Country schools and rural sanitation.
- No. 138. A new design for a sanitary pail.
- *No. 142. Medical inspection of schools. Price, 5 cents.
- No. 144. School hygiene.
- No. 155. Heat and infant mortality.
- No. 164. Mental hygiene.
- No. 170. Prevention of malaria.
- No. 175. Quinine prophylaxis for malaria.
- No. 177. Rural schools.
- No. 183. Screening as an antimalarial measure.
- No. 211. School hygiene.
- No. 217. Mosquitoes and malaria.
- No. 219. The hygiene of rural schools.
- No. 221. Tuberculosis: The financial aspect of the sick leaving home in search of a beneficial climate.
- No. 224. Hookworm disease: The use of oil of chenopodium in its treatment.
- No. 227. Drug intoxication.
- No. 228. The treatment and prevention of pellagra.

SUPPLEMENTS TO THE PUBLIC HEALTH REPORTS.

- No. 1. Measles.
- No. 2. Indoor tropics: The injurious effects of overheated dwellings, schools, etc.
- No. 3. Tuberculosis: Its predisposing causes.
- No. 5. Fighting trim: The importance of right living.
- No. 7. Shower baths for country houses.
- No. 8. Trachoma: Its nature and prevention.
- No. 10. The care of the baby.
- No. 11. What the farmer can do to prevent malaria.
- No. 14. Diphtheria: Its prevention and control.
- No. 16. Summer care of infants.
- No. 18. Malaria: Lessons on its cause and prevention.

MISCELLANEOUS PUBLICATIONS.

List of publications of the Public Health Service.

APPENDIX G.

DEPARTMENT OF LABOR'S SERVICE FOR PLACING FIELD AND DOMESTIC LABOR ON FARMS.

The Division of Information in the Bureau of Immigration, United States Department of Labor, is engaged in an effort to promote a beneficial distribution of admitted aliens and other residents of the United States. With that end in view the Department of Labor has established 18 distributions, covering the entire United States, with an office or offices known as distribution branches in each zone. The particular features of this undertaking of interest to women are two, viz: (1) The efforts which officers of the several distribution branches will exert to direct from the congested centers of population to the farms and rural communities generally men, women, and girls, both citizens and aliens, to engage in farm or domestic work; and (2) the opportunities that will be presented to women to engage in seasonal occupations on farms or in other rural communities.

The idea seems to prevail in the minds of many that the Government can in some way cause immigrant families on being admitted to the United States to proceed to farming communities rather than to mines or factories. Such, however, is not the case. The great majority of immigrants who come to this country have the name and address of some relative or friend to whom they wish to go in the first instance. This is particularly true of immigrant women and girls. However, after the aliens have been in this country for a longer or shorter period they naturally look around for a place offering permanent employment. Then it is that they turn to the Division of Information of the

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Immigration Service and its several distribution branches for advice and information; and then it is that they can be induced to consider the offers of agriculturists and other employers residing in the country. The addresses of the distribution branches are shown below.

In the matter of seasonal occupations the Division of Information will institute inquiries in the communities requiring large numbers of workers for a period of a few months, and the information thus gathered will be imparted to colleges, high schools, mills, and factories, so that men and women desiring to secure rural work during vacation time may have presented to them an opportunity for so doing. Thus inquiries as to the number of additional men needed to gather the wheat harvest in the Central West were directed to farmers in May, 1914. Bulletins placed in all post offices spread the information obtained, and as a result the farmers of that section were assisted in employing nearly 75,000 farm hands.

LOCATION OF DISTRIBUTION BRANCHES.

Information regarding citizen as well as alien farm help may be obtained for the territory indicated by addressing "Distribution Branch, U. S. Immigration Service," at the address shown below:

Zone No.	Location of branch.	Local address.	State or Territory controlled.
1	Boston, Mass.....	Long Wharf.....	Maine, Massachusetts, Rhode Island.
2	New York, N. Y.....	U. S. Barge Office.....	New York, New Jersey, Connecticut, New Hampshire, Vermont.
3	Philadelphia, Pa.....	Gloucester City, N. J.....	Pennsylvania, Delaware, West Virginia.
4	Baltimore, Md.....	Stewart Building.....	Maryland.
5	Norfolk, Va.....	119 West Main Street.....	Virginia, North Carolina.
6	Jacksonville, Fla.....	Federal Building.....	Florida, Georgia, Alabama, South Carolina.
7	New Orleans, La.....	Immigration Station.....	Louisiana, Mississippi, Arkansas, Tennessee.
8	Galveston, Tex.....	Immigration Station.....	Texas, New Mexico.
9	Cleveland, Ohio.....	Post Office Building.....	Ohio, Kentucky.
10	Chicago, Ill.....	Newberry Building.....	Illinois, Indiana, Michigan, Wisconsin.
11	Minneapolis, Minn.....	Federal Building.....	Minnesota, North Dakota, South Dakota.
12	St. Louis, Mo.....	Chemical Building.....	Missouri, Kansas, Oklahoma, Iowa.
13	Denver, Colo.....	Central Savings Bank Building.	Colorado, Wyoming, Nebraska, Utah.
14	Helena, Mont.....	Power Building.....	Montana, Idaho.
15	Seattle, Wash.....	Fifteenth Avenue West and Main Street.	Washington.
16	Portland, Oreg.....	Railway Exchange Building.	Oregon.
17	San Francisco, Cal.....	Angel Island.....	California, north of northern boundary of San Luis Obispo, Kern, and San Bernardino Counties, also State of Nevada.
18	Los Angeles, Cal.....	Post Office Building.....	California, south of the northern boundary of San Luis Obispo, Kern, and San Bernardino, and State of Arizona.

PUBLICATIONS OF THE DIVISION OF INFORMATION, DEPARTMENT OF LABOR.

The Department of Labor has the following bulletins for distribution:

Distribution of admitted aliens and other residents.
Annual report of Chief of Division of Information, fiscal year 1914. (This includes special reference to harvest-hand situation.)

Seven bulletins on "Agricultural opportunities." Information concerning resources, products, and physical characteristics, published in Polish as well as in English:

- No. 1. North Atlantic States.
- No. 2. South Atlantic States.
- No. 3. North Central States (eastern group).
- No. 4. North Central States (western group).
- No. 5. South Central States.
- No. 6. Western States (northern group) and Alaska.
- No. 7. Western States (southern group) and Hawaii.

Application for the above should be made to Division of Information, Bureau of Immigration, U. S. Department of Labor, Washington, D. C.

