

# Home and Farm Magazine Section Editorial Page

Suggestions From Our Associate Editors, Allowing For an Interchange of Views, Written by Men of Experience on Topics With Which They Are Fully Acquainted—Hints Along Lines of Progressive Farm Thought.

## HOUSEWIVES BEWARE OF UNCLEAN MILK!

**D**URING the hot weather milk is particularly susceptible to contamination, and for that reason the U. S. Department of Agriculture is issuing a timely warning to housewives: "Beware of Unclean Milk!"

When milk is delivered it should be put into the refrigerator at once. A very brief exposure to summer heat makes it unfit for use. If it is impossible to have the bottles put immediately into the refrigerator, provide on the porch a box containing a lamp of ice. In planning a house, arrange to have the refrigerator set in the wall with an opening on the outside. It is always possible to provide locks for these boxes or refrigerator doors, and supply the milkman with a key. The interior of the food compartment should be wiped every day with a clean cloth, and thoroughly scalded as often as once a week. Under no circumstances should the drainpipe of an ice box be connected with a sewer.

Before removing the cap from a bottle of milk, the cap and the neck of the bottle should be washed and carefully wiped with a clean cloth. The cap should not be pushed down into the milk. It may be easily removed with a sharp-pointed instrument without injuring the contents. The bottle when once open should be kept covered and the milk should be kept in the original bottle until it is used up. The original cap should not be replaced, but instead an inverted glass may be put over the top of the bottle. The bottle when not in use, should, of course, always be left in the refrigerator, and any milk that has been poured from it into another vessel should not be poured back. Onions and other foods having a strong odor, especially during the hot weather, very easily impart their distinctive smell to milk that is left uncovered. This is an additional reason for always keeping milk in a covered receptacle.

Milk bottles should never be taken into a sick room for as they are usually returned to the milkman they may thus carry infectious diseases into other homes. Every milk bottle left at a house where there is an infectious sickness should be boiled before being returned. The best thing to do in such circumstances is to provide one's own milk bottles or covered dishes into which the milkman may pour the milk from his bottles. The duty of each individual to his neighbor in this connection is most important. The board of health may be called to disinfect milk bottles properly after they have been in a home where there is sickness.

In any case, bottles should be given reasonable care before they are returned to their owner. The practice of pouring vinegar or kerosene or other liquids into them temporarily when not in use should by all means be discouraged. The containers should be washed in cold water first and finally in warm water before they are returned to the farmer supplying the milk.

These little details of cleanliness are matters which can not be regulated by the Federal or State Governments, rules and regulations that require pure milk to be delivered to the home may be rendered valueless by careless individuals in the home. The best efforts of the milkman or farmer to deliver first-class milk will amount to nothing unless individual housewives will co-operate for the good of the community.

## MORAL EDUCATION.

**I**N moral education don't moralize. This is the advice of Prof. F. G. Gould, an English educator of note who has been touring the United States as demonstrator for the Moral Education League of London.

Professor Gould's carefully work-

ed out program for moral instruction in the elementary grades impresses Bureau of Education officials as one of the most valuable of the present efforts to make education tell in fine character.

Story telling forms the basis for most of the instruction in Professor Gould's plan.

Once a week, or oftener, it is assumed, the teacher or principal gives a systematic lesson on the conduct of life.

The various virtues are taught, not as abstractions, but by concrete examples and by interesting stories.

The teacher is not to say: "This ought to be done"; she is rather to say:

"This thing has been done."

Hearing constantly about right actions, the pupils learn to appreciate right conduct. The spirit behind the instruction is the spirit of service; but this and other technical moral terms are to be rarely, if ever, mentioned.

"It is possible," Prof. Gould points out, "to give many lessons on civic duty and scarcely ever use the word patriotism, and yet the temper of consecration to one's duty and country may permeate the teaching and inspire the pupils."

Prof. Gould disclaims anything novel or faddish about his work. It is by no means new, he says.

"I have over and over again affirmed that my teaching was, in the strict sense of the term, antiquated; that is to say, it consists of the employment of the concrete and dramatic manner which is illustrated by ancient poets as well as modern, by the narratives and parables of the Bible or the Talmud, by ballad singers and story tellers of the middle ages and by allegorists such as John Bunyan.

"What perhaps I may claim is that I have reminded educators of simple, fundamental principles, which, in the somewhat unnatural rush of overcrowded school programs, we are all apt to forget; and along with that effort to get back to more direct action in moral teaching, I have, it may be, combined a certain enthusiasm and freshness; at least I hope so."

"Don't" is a word that gets very tiresome to us all.

How much more so to a child.

## HEALTHY, NOISY CHILDHOOD.

**I**T IS interesting to note the results of careful investigations into the causes of dullness and precocity in children, says Maximilian P. E. Groszmann, Pd. D. Precocious children are, as a rule, heavier, and dull children lighter, than the average child of the same age. Precocious children are taller and have larger chests and wider heads than backward children.

No child whose weight is below the normal standard for his age should be permitted to enter a high school grade that the average child of his age attends, except after such a physical examination as shall satisfy the physician that the child's strength will be equal to the strain. Here, the connection between physical and mental conditions is very plain.

Physical weakness often produces an abnormal mental state. In illness or convalescence, or when suffering from hunger and fatigue, most of us are more irritable than when we have our full strength.

Selfishness, untruthfulness, ill-temper and the like very frequently have a pathological basis. This is so characteristically true that we may in most cases consider moral aberrations as conclusive evidence of some sudden moral discrepancy.

Do not run for the rod, but for the physician; but be careful what you call a "moral discrepancy."

In nine cases out of ten, the so-called naughty child is only a normal child, and the fault lies not with him, but with you who do not understand him, says *The Mother's Magazine*.

The healthy child is usually active, noisy and boisterous.

Beware of the quiet child who is so often praised and petted.

Remember: refinement and self-control must not be forced before their time. There are normally quiet children, to be sure, but the majority of quiet children are more or less abnormal. They are either dull, painfully precocious, diseased, fatigued or bored.

Do not try to hasten your child's development; do not give him a hot-house culture; do not drive him; do not suppress his natural instincts.

Be thankful, instead, for your noisy, healthy little savage.

## ON THE HIGH COST OF LIVING.

**T**HE farmer is not to blame for the high cost of living.

Nor for the cost of high living. Dean Davenport, of the Illinois College of Agriculture is an authority.

Here is an editorial by him:

"Relief from the excessive and growing cost of living is to be sought, not in the country and on the side of food, but in the town and the things of the town.

"It is to be sought in clothing and shelter, in luxuries and entertainments, the things of trade supplied by the town.

"Clothing, like food and shelter, is a fundamental and costly necessity.

"There is no manifest attempt to standardize trade in clothing. There is clearly a conspiracy between designers and manufacturers to prevent the development of standard styles, especially in women's dresses and hats.

"With every year comes a radical change, a change in cut, color and texture so different from that of the season before as to compel your wife and mine to buy new or to be conspicuous, if not grotesque.

"This change in extreme fashions has but one object; namely, to force everybody who can to buy anew as often as possible. It has another effect; namely, to induce, persuade or otherwise incline the great middle mass to spend all it can earn. The retailer is powerless. It is the business of trade to serve the public, not to exploit it.

"My father at 12 years of age went out to work at \$6 a month, and the wages were collected by his father.

"What does the modern boy know of the real value of a dollar?

"I do not desire to return to the old days, but I do want these youngsters to work and save, for industry and thrift are fundamental virtues at any stage of civilization, and a generation of spenders will produce only licentiousness, poverty, crime and degeneracy."

## AS TO CHOLERA INFANTUM.

**T**HE babe cannot contract cholera infantum from the mother's milk unless the mother's system itself is wholly disorganized.

It is necessary, therefore, for the mother to eat carefully, to have strong control of her nerves and mind, and to observe about herself those little habits of cleanliness that must, directly or indirectly, contribute so much to the good temper and health of the child.

Frequent bathing, massage, frequent changes of linen, simple foods, are all health-preservers. They are far less expensive than doctors' bills and the expenses attendant on death.

Should the child be given the bottle, everything that comes in contact with the milk should be kept scrupulously clean.

The process of sterilization as a protection for the babe is being urged by every prominent sanitary agency in the country. Sterilized food is that which has been subjected to an agent (usually heat) capable of destroying the germs of fermentation or disease which may be present. The most common articles of food capable of carrying

disease are fresh fruits, water and milk.

Water may be rendered sterile by boiling or distillation. It is then best kept for use in sealed bottles laid on ice or placed in a cool spot. Ice should never be put into drinking water, but should be packed around any receptacle containing it. Milk is usually sterilized by boiling or by exposure to superheated steam. All germs in milk can be destroyed by heating it to 212 degrees.

The ordinary method of sterilizing milk is to place it in sealed jars, or bottles, each containing an amount sufficient for one feeding, which are then subjected to the action of steam. It is then cooled rapidly, kept sealed from the air, and placed on ice until needed.

## WHAT IS FUN?

**A** NEW YORK newspaper says:

"Fishing is fun. Golf is fun. Tennis is fun. Golf is fun. Automobiling is fun.

"But—making money is more fun."

This is typical of city philosophy. The philosophy of the "money-mad," fast-living New Yorkers.

What fun do they have anyway living all cooped up? What do they know of the pleasures of life who have never seen the sun rise, heard the rooster's early crowing, or the tinkle of cowbells at night, have never had a faithful horse for a friend, or breathed the pure, fresh air of the country?

Life is full of fun.

It's fun to drive behind a fast horse, to drive the last load of hay into the barn before a storm, to watch growing grain, to see the children at play, to watch the good wife smile.

Yes, there are many kinds of fun.

But the best fun is to tackle a hard job and get away with it—to win the satisfaction of a worthy deed well done.

## TEACHING BOYS AND GIRLS TO USE PARCEL POST.

**I**N the current issue of *Farm and Fireside*, Herbert Quick, editor of that publication, writing an article showing the value of the parcel post to farmers, tells, as follows, of a plan by which boys and girls can be taught how to use the parcel post:

"In a certain rural school in Cook County, Illinois, a 'parcel-post club' has been organized. The boys and girls bring their eggs, green corn, radishes, butter and other produce to school, put the goods in hampers, and ship by parcel post to a select list of customers in the city. They keep the records of this club as a part of the school exercises. They figure the profits and the losses.

"Ten years from now this new agency of transportation will have been pretty well developed."

## THE HIGHEST FORM OF SERVICE.

**H**OUSEWORK may seem like drudgery.

In many homes it is. But it is only one form of human service.

We were all born for service. Housework is the highest form of human service. Let us honor the women who make our homes.

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