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WHAT TO DO FOR UNCLE SAM

CAROLYN SHERWIN BAILEY



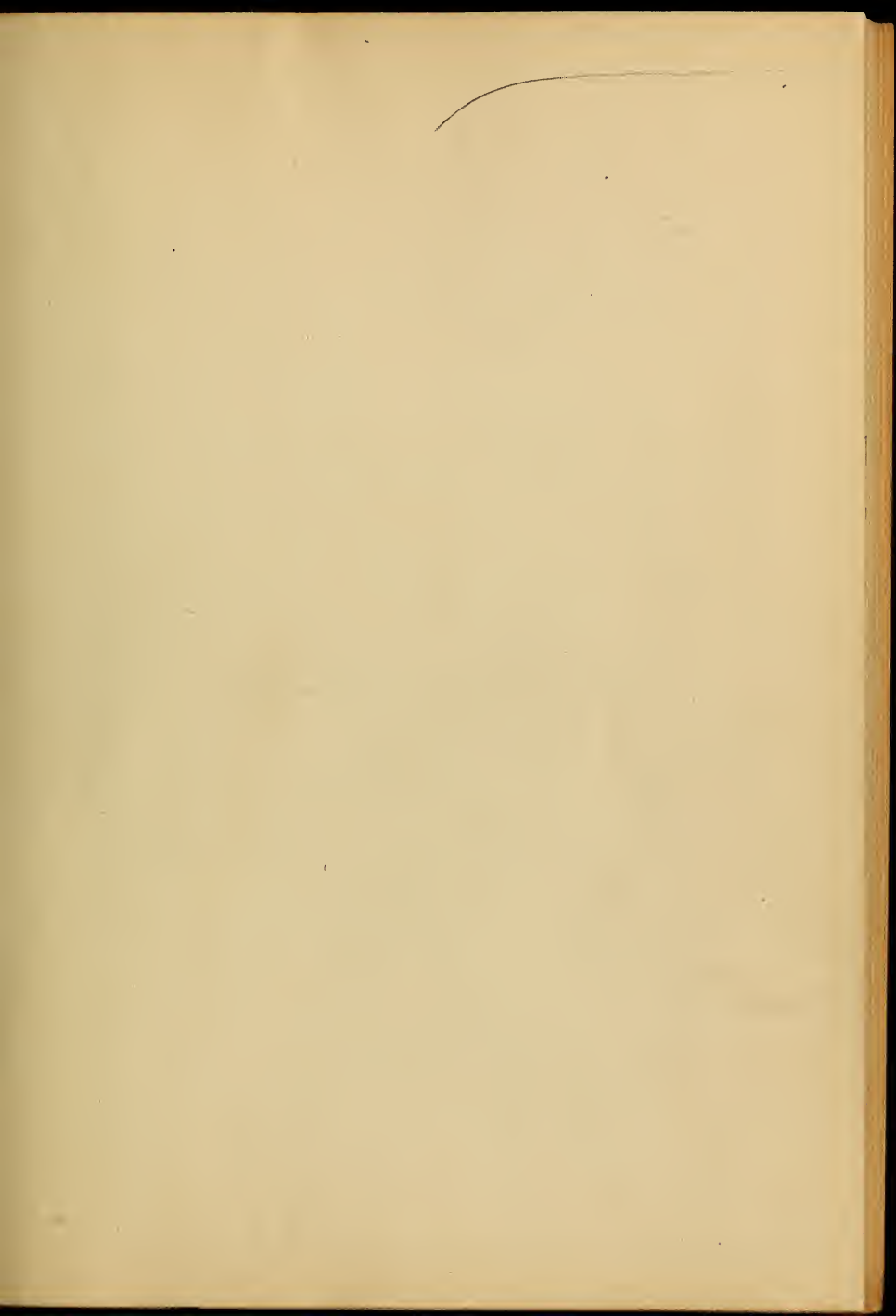


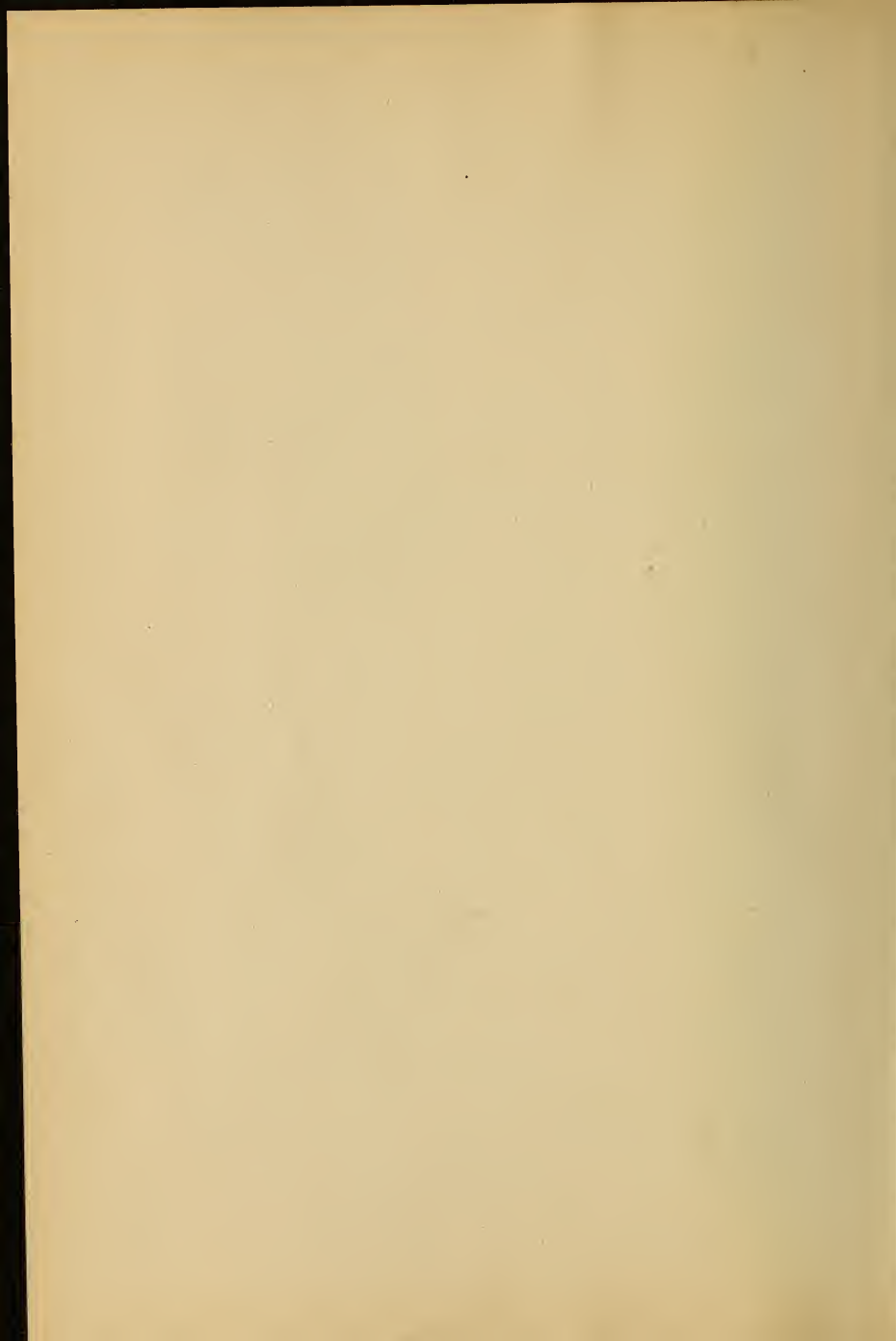
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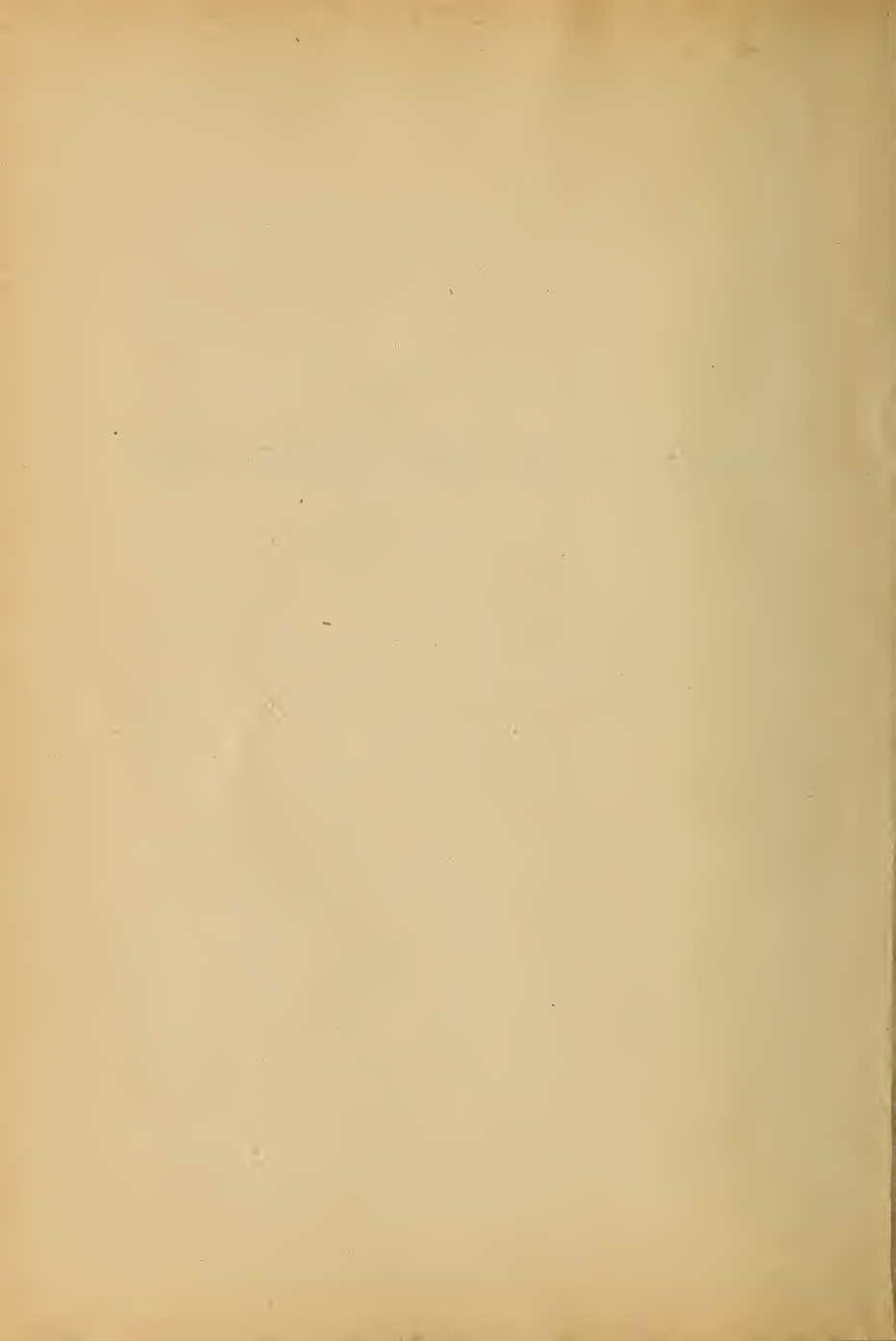
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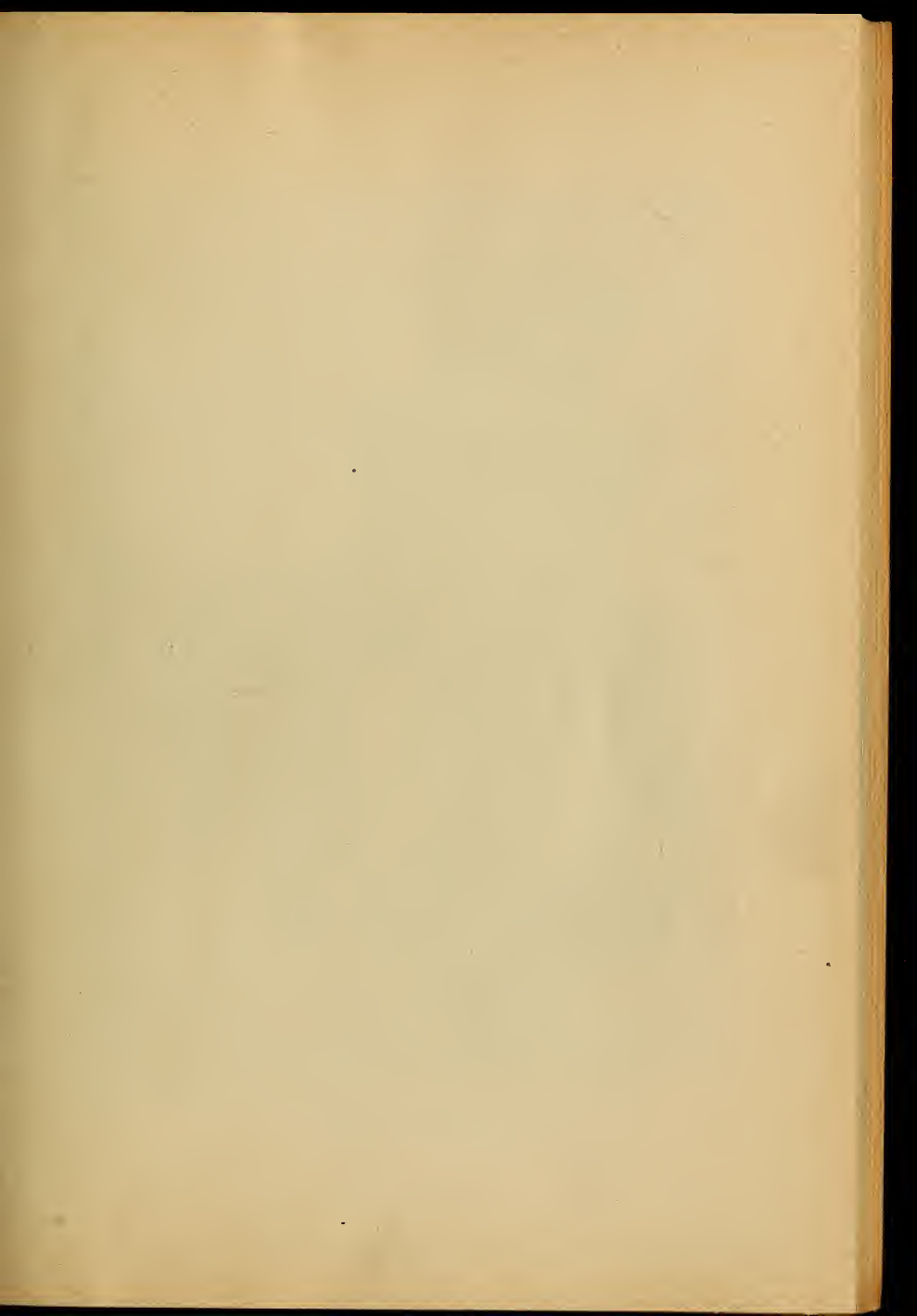
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WHAT TO DO FOR UNCLE SAM







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"I WANT YOU"

WHAT TO DO FOR UNCLE SAM

A FIRST BOOK OF CITIZENSHIP

BY

CAROLYN SHERWIN BAILEY

Author of

"Boys and Girls of Colonial Days,"
"For the Children's Hour," "Stories
Children Need," and Other Stories

ILLUSTRATED

A. FLANAGAN COMPANY

CHICAGO

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INTRODUCTION

The United States Bureau of Education lays emphasis upon the part of the schools in training for citizenship. It urges a new teaching of the subject, beginning with the home, going on to the school, and from there into community relations. The Government asks, also, that work in civics be begun in the elementary schools. The work should embody less of the details of governmental agencies, but focus instead upon the child's own community obligations and activities.

Following this thought, and taking up the program of community civics outlined by the Bureau of Education, I have written "What to Do for Uncle Sam," a first book in patriotism and citizenship. At the end of each chapter I have placed questions and suggestions which establish a contact between the classroom and community life.

The book lays emphasis on the home and the local community. The child may find many illustrations of the subjects in his own environment. There are many suggestions for handwork, excursions, and social service that establish habits of good

citizenship. Community civics, social service, and devotion to our country are all combined in a practical way.

The subjects are those recommended by the Government and leading educators for the first teaching of the principles of democracy. They include: health, economy, conservation, civic beauty, communication, wealth, transportation, charities, education, life saving, and Junior service through Boy Scouts, Camp Fire Girls, and the Junior Red Cross.

“What to Do for Uncle Sam” is a pioneer book in the field of patriotic teaching. Instead of being informational to the point of inhibiting constructive thought, it gives children a chance to translate national ideals into everyday civic service. It helps boys and girls to live community civics in the home, the school, and the town.

CAROLYN SHERWIN BAILEY.

CONTENTS

CHAPTER	PAGE
INTRODUCTION	7
I WHO IS OUR UNCLE SAM?.....	15
II WHEN HE SITS BEHIND THE TEACHER'S DESK	19
III HARVESTING BOYS AND GIRLS CAN DO..	28
IV HELPING TO SAVE FOR HIM.....	37
V KEEPING WELL	46
VI SAVING THE WILD FOWL AND BIRDS....	56
VII BEING KIND TO HIS ANIMALS.....	63
VIII KEEPING HIS HOLIDAYS.....	71
IX HELPING HIS DEPENDENT FAMILY.....	81
X FOLLOWING THE ROAD.....	92
XI TAKING CARE OF HIS GIFTS TO YOU....	101
XII USING MONEY IN THE BEST WAY.....	110
XIII WHEN HE BLOWS THE POSTMAN'S WHISTLE	121

CHAPTER	PAGE
XIV TAKING CARE OF HIS FLAG.....	129
XV LIFE SAVING	137
XVI KEEPING YOUR TOWN BEAUTIFUL.....	146
XVII BEING BIRD LANDLORDS.....	155
XVIII IN FOREST AND STREAM.....	163
XIX HOW TO BE A GOOD CITIZEN.....	174
XX IN HIS JUNIOR SERVICE.....	184
XXI GETTING READY TO WORK FOR HIM....	198
SOME BOOKS UNCLE SAM HAS PREPARED FOR BOYS AND GIRLS.....	206
INDEX	215

ILLUSTRATIONS

“I Want You”.....	<i>Frontispiece</i>
	PAGE
Going to Work for Uncle Sam.....	17
A Manual Training Room where Boys May Learn a Useful Trade.....	21
Making a Good Record in the Cooking Room..	24
“Planting and Cultivating a School Garden”..	25
Harvesting Boys and Girls Can Do.....	29
Harvesting in the Garden.....	31
Uncle Sam’s Canning Club Boys at Work.....	34
The Best School Lunch of All.....	38
The Girl who Likes to Work in the Kitchen...	39
A Pig Will Increase the Food Supply.....	41
“Carrying Home the Groceries”.....	43
Boy Scouts Cleaning the Alleys.....	47
The Common House Fly.....	49
Boys Making Fly Traps in School.....	50
Going Home from School with their Fly Traps	51
School Children in Tooth-brush Drill.....	53
A Quail on its Nest in the Middle of a Cornfield	57
A Straw and Frame Shelter for Quail.....	59
“I’ve Never Caught a Bird and I am Proud of my Leash	61

	PAGE
Agent Arresting a Man for Beating his Horse	64
A Horse Ought to be Made Comfortable.....	65
Do not Abandon an Animal in the Street.....	67
A School Pageant. General Washington Saying Good Bye to his Soldiers.....	73
Keeping Lincoln's Birthday.....	79
Christmas in the Children's Ward.....	83
Keeping Christmas at the Police Station.....	85
Stealing Rides is a Frequent Source of Injury..	87
A Dangerous Place to Play.....	87
The Girl who Learns to Sew is One of Uncle Sam's Homemakers	89
A Snow-cleaning Squad that Uncle Sam Likes.	97
A Public Playground is Safer than the Street..	99
Boys and Girls May Have a Good Time and Learn a Great Deal in Public Libraries..	103
Learn All You Can in the Public Museum.....	105
Buying Uncle Sam's Thrift Stamps to Save Money	113
Saving the Wages of the Delivery Boy.....	117
When the Adventures of Your Letter Begin...	125
Betsy Ross House.....	130
Taking Care of his Flag.....	133
The Policeman is One of Your Best Friends..	138
"Down the Street Dashes the Fire Engine"...	139
A Dangerous Place for Your Bonfire.....	143

	PAGE
All the Family Working to Improve the Back Yard	148
Doing her Bit to Keep her Town Beautiful....	149
An Arbor Day Procession.....	152
Planting a Tree.....	153
“It is not Necessary to Build Elaborate Bird Houses”	157
A Bird Boarding House.....	159
Scene in a Forest Reserve, California.....	165
Pond Fish-cultural Station.....	167
A Fire Lookout, Summit of Mt. Eddy, California	169
Work and Fun in a Forestry Class.....	170
The Story of a Pine Tree.....	171
Your Teamwork Is Needed in a Game.....	176
You Must Obey the Rules of the Game.....	177
Playing Together Teaches Children to Work Together	179
“Be Prepared”	185
Around the Council Fire.....	189
Fire is the Camp Fire Symbol.....	191
Camp Fire Girl Weaving her Symbol.....	192
Packing Comfort Kits for his Soldiers.....	193
Working for the Junior Red Cross.....	195
Uncle Sam Needs an Army of Everyday Helpers	199
Pages in the U. S. Senate with their Captain...	203



What to Do for Uncle Sam

CHAPTER I

WHO IS OUR UNCLE SAM?

A long while after you have given up the hope of ever seeing a real fairy, or a real brownie, or Santa Claus, you know just how they look. There are pictures of these story-book people that keep them in your minds. As you turn the pages and see a fairy's wings, or a brownie's cap, or old Santa's pack it seems as if you must have touched them somewhere outside of the book. And you come, at last, to believe in them as you never did when you were younger. The woods in the spring are full of fairies; they fly down to you with the birds and hide from you in the flowers. There is a brownie wherever industry and thrift rule in a home. And Santa Claus lives in the Christmas kindness of your father and mother.

That is one strange thing about the world. Some of the greatest and best forces in it have to be dressed up in our own minds, just as you put jewels on a fairy, and a beard on Santa Claus. It makes these picture people greater for us,

though, because we have to play that they are real. And there is one real thing about each. They stand for something, so they are alive, are they not, after all?

If you have an uncle who travels about a good deal, but sometimes comes to your house for a visit, you think a great deal of him. He brings you stories of what he has seen and done, and you feel like doing something important, too, to be like him. He is just as good to all the cousins as he is to you, and he has a particular place in your heart.

No one knows exactly when our Uncle Sam came first. Probably it was on a Fourth of July long ago, when the Declaration of Independence was signed. No one has ever shaken hands with Uncle Sam, but we know him from the crown of his beaver hat to his old fashioned shoes. We have seen only his picture, but he speaks to us in the greatest word of our land:

PATRIOTISM

For a good many years we thought that Uncle Sam was so busy at Washington with the President, the Senate, and Congress, and the Army and the Navy that he had little time to come to visit us in our town. There seemed to be nothing for boys and girls to do when he did visit



GOING TO WORK FOR UNCLE SAM

them at the head of a parade of soldiers but to wave the Stars and Stripes, and cheer. But the United States grew, and the cities grew, and more and more people found that our country was a fine place in which to live. Uncle Sam put on his seven league boots and went into every state of the Union and into every town, no matter how small, helping the people to establish their own laws that would keep the whole country safe, and good, and clean.

Uncle Sam spends most of his time at Washington, but he is apt to visit you any day. When he comes he will have much to tell you of the great place among the nations that he is making for the United States. He will ask you to help

him. Most important will it be for you to have your home and your school and your town safe, and good, and clean, to welcome your Uncle Sam.

Perhaps you have stood in front of a large colored poster of Uncle Sam that you pass on your way to school. He is not smiling as you have seen him in some of his former pictures, but looks sober and anxious. He points his finger at you and says:

“I WANT YOU!”

That was Uncle Sam's first thought when he decided to make our country the most helpful, and most powerful in the world. He comes all the way from Washington to your town, because he needs your help, right here at home. You wouldn't fail your own uncle; neither will you fail Uncle Sam. Boys and girls can build a great nation from their own doorsteps. Wave the Stars and Stripes, and go to work to-day for Uncle Sam.

CHAPTER II

WHEN HE SITS BEHIND THE TEACHER'S DESK

That sounds like a joke, does it not? Whoever saw a long-legged old gentleman dressed in striped trousers, a swallow-tailed coat, and a hat decorated with stars sitting up there behind the teacher's desk.

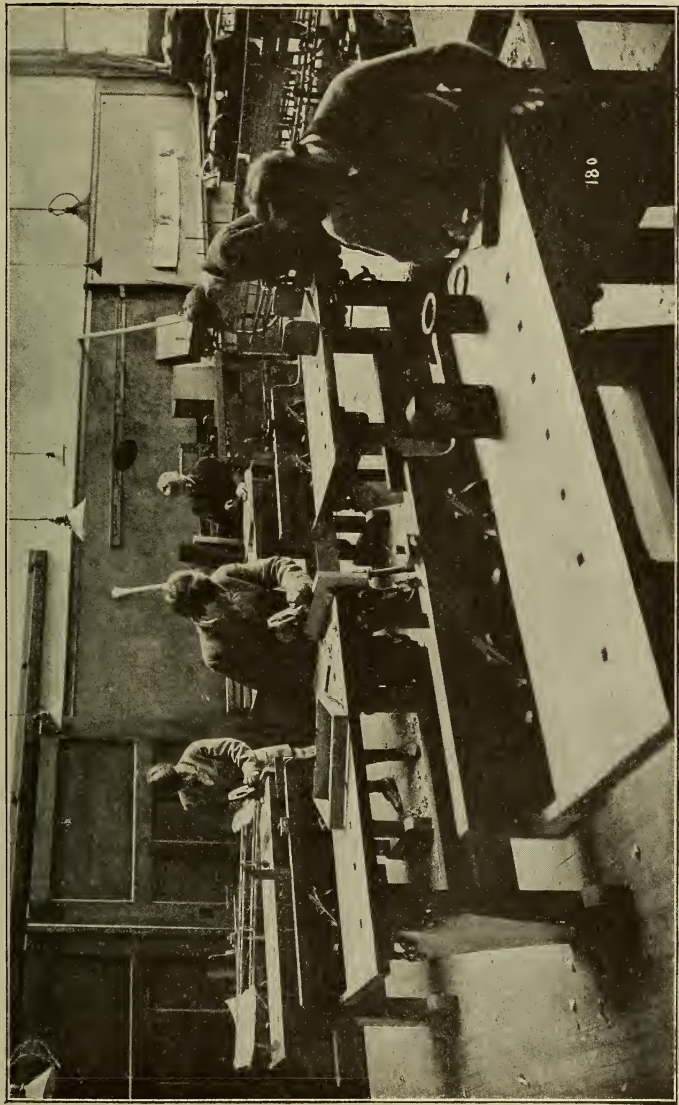
But this is one of your Uncle Sam's little jokes; he is really a very good-natured person in spite of all the burdens that he has to carry on his shoulders. Uncle Sam goes to school every day. He has been going to school ever since your great, great grandfather sat on a hard bench in a little red schoolhouse somewhere way off in the country. One of the reasons why you have had some trouble with your lessons, and have not quite understood your new teacher, is that you couldn't see Uncle Sam in the schoolroom.

As soon as Uncle Sam decided to go to school he laid out what he calls school districts. He wanted every boy and girl in his great United States family to have a chance to grow up an intelligent citizen. So he mapped out a good many school districts at convenient distances from each other in all parts of the country. In the center of each of these districts he established a certain amount of land and on it was

built a schoolhouse, always just as fine, and large, and beautiful a schoolhouse as possible. Uncle Sam called at every house in every district, too, to find out how many children there were in each, and how it was possible for them to get to their school. He planned to have as few children as possible in each classroom so that the teacher might know them all very well. Later, his towns paid the carfare of children who lived too far away to walk to their school, and bought vehicles to carry the crippled ones.

Uncle Sam is very fond of his plan of government, and he decided next to establish a special school government. He thought about this a long time and planned it with the greatest care. Every school in every state in the Union has its officers whose duties are to appoint the teachers, decide when there shall be holidays, attend to the selection of schoolbooks, pencils, paper, and all the rest of the school supply materials; plan what studies shall be taught, appoint school nurses and doctors to care for the health of the boys and girls, repair and rebuild new schoolhouses, buy coal, and be Uncle Sam's right hand school-men generally.

Each state has its own name for these school officers: School Committee, School Directors, Board of Education, School Visitors, or something like that. Uncle Sam permits your father, and perhaps your mother, to vote to elect these officers in your



A MANUAL TRAINING ROOM WHERE BOYS MAY LEARN A USEFUL TRADE

state, and the voters of your School District may have made your father or mother one of the school officers.

Uncle Sam had to raise money to pay for all this expensive system for teaching boys and girls. He wanted to give them a knowledge of figures, and land, and fine literature, and penmanship, and spelling, and useful trades free. How was he to go about doing this? There must be money for the land, and the building material, and the books, and the teachers' salaries. He decided to establish a very wise plan. This plan is known as school taxation.

Mr. Brown lives at the top of a hill in a house that is almost as large as a castle. He is rich, and he has only one boy who is to go to school. At the foot of the hill Mr. Jones lives, and works at a small salary for Mr. Brown in one of his factories. But Mr. Jones has several children to send to school. Which of the two shall pay for the schooling of all the children? Uncle Sam's taxation plan gives Mr. Brown more to pay than Mr. Jones; in fact Mr. Brown pays practically all the school expenses of the Jones boys and girls. It is possible that some person whom you do not know, and who has no children, is helping to pay the taxes that give you your school.

Uncle Sam went into his schools after he had

built them, and furnished them, and paid for them. He decided to make a few school laws that would be easy for all his boys and girls to keep. They are very few, and very simple, and are suitable for any school in any state in the Union:

Be prompt.

Be regular in attendance.

Be obedient.

Be studious.

Be respectful.

If you are all of these, Uncle Sam says that you will be successful.

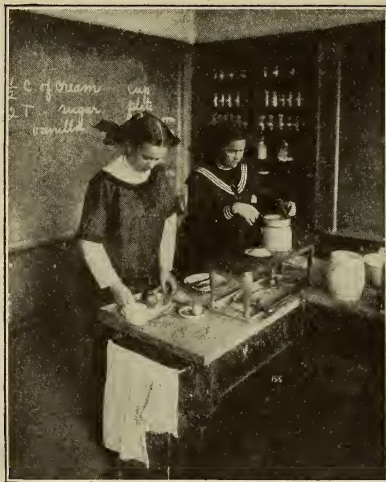
There he is in your school, having worked very hard to get it ready for you. What can you do to help him?

First of all, do as Uncle Sam tells you to; obey his rules.

Forming a habit of being prompt and regular in going to school will be a fine habit for you to have established when you grow up. You can try to enjoy the study you dislike when you realize that it would not be in the course except that children all over the Union need it. Every boy and girl who is self-respecting will be orderly in the classroom.

Keeping Uncle Sam's school rules is the easiest part of this helping. Now, try to find ways of surprising him in school!

One surprise for Uncle Sam comes before you cross the threshold. He rather expects you to trample on his school grass, and cut your name with a jack knife in the fence, and throw papers and pencil shavings in the gravel paths. Surprise him by doing none of these things.



MAKING A GOOD RECORD
IN THE COOKING ROOM

If you have studied pictures of Uncle Sam you have discovered that although his suit and hat are not of the style of to-day, he is very particular about

his personal appearance. He is never too busy to tie his necktie in a neat bow, comb his hair, and blacken his boots. This is your school surprise number two for Uncle Sam. Come to school looking just as neat and tidy as you possibly can.

Surprise number three will be to show Uncle Sam that he does not need to stay in your school-room, behind the teacher's desk. He has done a great deal for the children of the Union in giving them free schools, and he deserves a chance

to rest from his duties when school opens. If a child abuses school privileges in any way, the teacher may feel that he has forfeited his right to the gift of the schools, but she cannot expel him. She must recommend to the school officers of that district that the child be expelled, and they must look up the law in the case. So it is our hard-worked Uncle Sam who has to sit in judgment on school truants and school law breakers. Save him this trouble by removing the cause.

The last school surprise for Uncle Sam will be



Courtesy, Social Science Dept., Tennessee
Coal, Iron, and R. R. Co., Birmingham, Ala.

"PLANTING AND CULTIVATING A SCHOOL GARDEN"

what you, his boy and girl pupils, do to improve his schools. That means, in the first place, improving yourselves. Show high class standing, pass with honors into another class, make a good record in the manual training and the cooking rooms. Get along so fast that Uncle Sam, should he come on a visit to your school, will not find you, because you may be in High School or in your State University.

You can better your school, also, by planting and cultivating a school garden, and by trying to make your classroom beautiful with wild flowers and bright leaves in their season. You can help to provide good pictures and a flag for your room. You can learn Uncle Sam's favorite songs, "The Star Spangled Banner," "America," and "Columbia"; his patriotic speeches; and read his Declaration of Independence over and over again.

Our Government builds the schools; but it needs every boy and girl in the United States to keep them up to the standard of the Stars and Stripes.

QUESTIONS AND SOMETHING TO DO

1. What does your school ask boys and girls to do in connection with promptness, order, attendance, truancy?
2. What can you do to keep the schoolroom looking well?
3. What attention should you give to your personal appearance before coming to school?

4. Is there anything that you can do in connection with your school work to make your school stand high among the others in your town?

5. How does each of these special school classes help the home and the town: a kindergarten, a cooking class, a manual training class, a class for the blind or the crippled, a class to teach the English language to children who come to America from foreign lands?

6. How is your school helping you to have a good time, in the playground, in the gymnasium, or on special occasions?

7. Indicate on a map of your town the location of the different free schools or as many of these as you can; and tell what special studies a boy or girl can take up in these. You could make this school map in a sand tray, also.

8. Go with your teacher to the school yard, and look over its appearance carefully. Is there anything that you can do to improve its appearance?

CHAPTER III

HARVESTING BOYS AND GIRLS CAN DO

Fall seems to be about the most pleasant time of the year to boys and girls. Fields, and orchards, and gardens shine in the mellow sunlight and smell of the good things that the year's bounty has given us.

Last year, you went out to the cornfield and picked a fat, golden pumpkin to make into a grinning Jack-o'-Lantern. You climbed up in the old apple tree and selected the largest, rosiest apple you could find to eat as you sat on the limb and looked off over the autumn colored country. And you decided that you would rather play with the other children than help grandfather clean the garden and get it ready for winter. You wanted to rake leaves and have a bonfire, or go off to the woods and fill your pockets with nuts.

This year, though, Uncle Sam wants you to spend the crisp, sunny fall days very differently. He says that you are to stay outdoors just as much as you did last year, and you are to have the same fall fun but in a bigger, more useful kind of way. There are a great many things he wants you to do to help your country in field, and orchard, and garden.



HARVESTING BOYS AND GIRLS CAN DO

There is that Jack-o'-Lantern first, which interests Uncle Sam very much indeed. You are to make one, but instead of throwing away the seeds or feeding them to the fowls as you have always done before, the Government would like you to save them. To have a good share of pumpkin seeds is

to be sure of a good many more pumpkins next year.

There are countless kinds of important seeds that children can gather in the fall, and save for next spring's planting; squash seed, pumpkin seed, beans, peas, grains, are all seeds that will be very valuable to save. They should be carefully dried on a board in the sun, put away in labeled boxes or bags in a dry place, and watched all winter so that none may be eaten by mice. Beans form such an important food that we ought to gather all we can and dry them for eating in the form of soup in the winter. The common white bean, the lima bean, and the black bean are plentiful in this country and are almost as nourishing as meat. Boys and girls who have cultivated these in their gardens this summer may dry them for the winter and add to our country's food supply. We have always thought that the green pods of the common string bean had no value as food, but in Europe they are saved, cut up while green, salted, and preserved in cans for the winter. They may be used for flavoring soups.

The seeds of melons should be gathered, dried, and saved for planting. The rind of the citron or the watermelon makes a delicious sweetmeat if it is preserved. And when you have gathered whatever you can find in the fields for seed and



Courtesy, Social Science Dept., Tennessee
Coal, Iron, and R. R. Co., Birmingham, Ala.

HARVESTING IN THE GARDEN

drying, get out your spade and rake and help to clear the ground of stones and roots. That will save time when the planting season comes in the spring.

The orchard is full of work for children this fall. Whether you live near a farmer who needs help, or have a few fruit trees at home, you can help pick, sort, and pack apples and pears. There are ways of making these last at home longer than they would ordinarily. The hard winter pear has never seemed to be of very great value. It

seldom ripens on the trees before frost comes, and then it is apt to mellow so quickly that it spoils before we get the best use of it. This tough, big, unpromising looking fruit may be made very useful, however, if only one knows how to use it. Boys and girls may pick the winter pears when they have reached their growth but have not entirely ripened. Be very sure that not a single pear has a bruise or speck of any kind, no matter how small. Each pear must have the stem firmly attached. When your pears are gathered, put a tiny drop of sealing wax on the blossom end and on the stem of each. This closes the pear to the air and keeps the natural juices of the fruit from escaping, which would dry it. Then place the pears, resting on the blossom end, on a shelf in some part of the house where they will be dark and cool. Look them over often to see that there is no decay started in one, even, as this might hurt the rest of the fruit. Winter pears preserved in this way ripen slowly, and well. They often last until spring and are delicious baked with sugar as one bakes apples, or stewed with a little molasses added.

The children of Colonial days had ever so much fun in the fall drying apples for winter use. This will be quite as pleasant and a new kind of work for the child of to-day. Sour apples are

better to select for drying than sweet ones. You can use the smaller apples, if they are unblemished and solid, saving the larger ones for packing and eating. Remove the stem and the blossom first. Then pare the apple with a sharp knife, as thinly as you can. These apple parings need not be thrown away. Let them simmer, with sugar, in a preserving kettle, strain the syrup, and reboil. It makes very good jelly.

The apples should then be cored, whole. There is a circular cutter for coring apples that will do this very easily. To core an apple quickly, set it upright on a board, holding it in place as you press the cutter straight down inside. This makes a clean cut. When the apple is cored, it should be sliced crosswise in sections about a third of an inch thick. String these circular pieces on a cord that is stretched for drying them in a cool, dry place. If you have an attic it will be splendid for drying such food for the winter. Bundles of herbs may be hung there, too.

Having a Club with Uncle Sam will be about the best kind of work and play that boys and girls can have this fall. In the office of the States Relation Service at Washington the Chief of the Service has a very wonderful photograph hung over his desk. It takes a large frame to hold it for it shows hundreds and hundreds of boys and girls from every



Courtesy, U. S. Dept. of Agriculture (Jr. Extension Work)

UNCLE SAM'S CANNING CLUB BOYS AT WORK

state in the Union who have corn, and pig, and poultry, and canning clubs that form a kind of peaceful army, behind the lines, for Uncle Sam. See if you can be one of that army with your club this year.

There are a great many of Uncle Sam's books waiting for you at Washington, and telling you just how to form and carry on a club. Among the most helpful of these are, Boys' and Girls' Agricultural Clubs, Bulletin, No. 385; Farm and Home

Handicraft Clubs, No. 26; Suggestions for Boys' and Girls' Exhibits at Fairs, No. 55; Development of Boys' Club Work, No. 29; Canning of Fruits and Vegetables for Clubs, No. 853; Boys' Pig Clubs, No. 566; Boys' and Girls' Poultry Clubs, No. 562; and School Lessons on Corn, No. 653. You will find more of these books and directions for obtaining them listed on pages 206-214.

Instead of burning all the leaves in bonfires this fall, gather as many as you can in bags and bring them home to help enrich the garden for next year. Some of the leaves should be spread over the beds where there are roots and bulbs that need protection from the frost. Pile any extra leaves that you can get in a sheltered place where they can remain all winter and decay. They contain valuable chemical elements that will be important helps for fertilizing the earth next spring.

Nutting this year? Of course; and Uncle Sam wants to go with you. He says to go nutting oftener than you ever did before, and to gather more nuts. Don't eat them all at once, though. Save them, as the squirrels do, to eat when the snow flies. A basket of nuts is a whole meal in itself, often. A chestnut has oils that are a substitute for butter, a little sweetness that takes the place of sugar, and starch that makes it very valuable ground into flour. So many nuts, the white and black walnut,

the hickory nut, the pecan, and the peanut can be raised in the United States, and gathering them is just the work for boys and girls. They may take the place of meat on the table, helping to make the butcher's bills smaller.

Who is going outdoors with Uncle Sam this fall?

QUESTIONS AND SOMETHING TO DO

1. How can you get the most to eat and to plant out of the following? A potato; an apple; a pumpkin; a melon; a quart of peas or beans.

2. Did you have a garden last summer? What kinds of food did you raise in it?

3. Are there any nuts, fruits, vegetables, or important seeds that you can help to gather near your home?

4. Have you ever helped a farmer, or a market gardener, and how?

5. Is there a Government Corn Club, or a Canning Club in your town? Do you belong to it?

6. Ask your teacher if she will send to Washington to the United States Department of Agriculture for the pamphlets the Department has for children about these clubs. Perhaps you could start one of them.

7. Model some of our most valuable fruits, vegetables, or nuts in clay, or make a basket for harvesting.

8. Go for an excursion to a truck farm, a large city market, or a wharf where foodstuffs are brought in and unloaded.

CHAPTER IV

HELPING TO SAVE FOR HIM

Not long ago some of Uncle Sam's officials in one of the great cities of the United States started out to see what was becoming of the city's huge supply of food. There was a great deal of every kind sold, enough to keep a city and a half of that size from being hungry. Yet the farmers who brought in the produce, and the dealers who sold it said that there wouldn't be enough food to go around soon if it were used up so fast.

No one knew that these officials were going about. They started early in the morning and peeped into the back yards and looked at the back doorsteps where the garbage cans waited for the city teams. Then they made a discovery. There was a great amount of good food thrown away. When these men went back to their offices and did some figuring, they found out that several thousand dollars' worth of food was being wasted every day. One strange thing about it was that the greatest waste was where it could least be afforded: it was in families where there were children.

Uncle Sam is asking us to be very economical so that the remains of last year's harvest and the



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THE BEST SCHOOL LUNCH OF ALL

fruits of this fall may last for the time that we shall need them. Every boy and girl in the United States can help in this saving. Who will begin to-day, this very hour?

Saving for Uncle Sam begins at meal time. Leaving bits of nourishing food at table is a habit common to a great many boys and girls. It is very much better to turn good food into red blood and strong muscles than to throw it away. That is the first saving you can do.

Perhaps you are in the habit of cutting the

skin from your apple before you eat it. The Government says that you will be helping to grow into strong, useful citizens if you can learn to eat some of the things like the skin of an apple, that you always used to throw away. There are chemical properties, especially iron, in the skin of fruits that your bodies need. Try to eat at least one apple with its skin every day, drink a glass of milk; eat green foods in their season such as lettuce, spinach, dandelion greens, and green beans and peas. Find out with the man in the moon how good a bowl of pease porridge is, and learn to eat bread when it has been baked a day. It is better for your muscles, and there is less waste to it than when it is freshly baked.

The girl who knows what fun it is to work in the kitchen may have just twice as much fun finding out how to put the garbage man out of

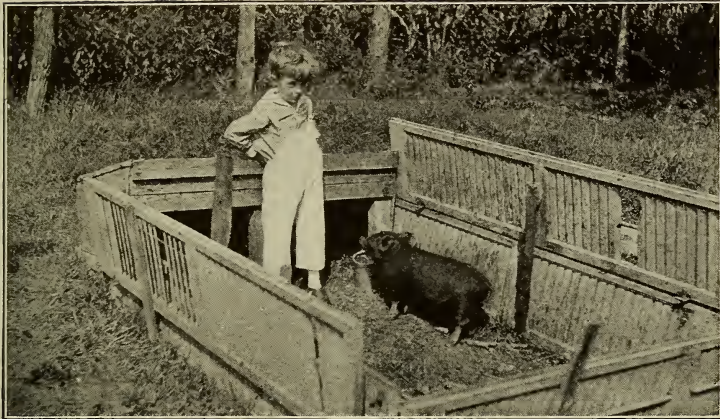


THE GIRL WHO LIKES TO
WORK IN THE KITCHEN
WILL FIND WAYS OF SAVING

work. Suppose there are some stale rolls and a half loaf of very hard bread in the bread box. Make them into a bread pudding, or cut the bread into tiny cubes and toast them to eat with soup. You may get out the rolling pin and the bread board and crush them into bread crumbs. These can be kept in a glass jar, covered, for a long time and will help mother when she wants to roll her croquettes or meat balls. Another way of saving is to do as the French do, save all the green tops of vegetables that most people throw away, and use them in some valuable way. The tops of carrots, beets, parsnips, celery, and leeks may simmer in the soup pot on the back of the stove and make a most delicious flavoring for soup or stew.

We ought never to take off a potato's jacket before cooking. The most nourishing part of the potato, the part that makes it grow, and us too, is next the skin. Lemon peel is better, grated, for flavoring than lemon extract. Orange peel may be dried, and grape fruit peel, too, and used for lighting the fire because they are full of natural oils. The cereal left from breakfast may be fried and eaten instead of potatoes with meat, for supper. And the girl who works in the kitchen in this careful way will find other ways of saving, too.

What can the boys do to save for Uncle Sam?



Courtesy, Superintendent of Schools, Cook County, Ill.

A PIG WILL INCREASE THE FOOD SUPPLY

Oh, there is no end to the help they can give him! Instead of throwing away newspapers, and string, and pieces of wire, and the paper that wraps bundles, and stubs of pencils, and ends of chalk, remember that those can be used in various ways a little longer. Bent nails can be hammered straight and will come out quite as strong as new. These seem very little things to think of, but if each child in the United States stops to think whether he is wasting or saving for an hour each day, he will make the country richer for his efforts.

We must save our money, too! Did you ever look at the designs which the United States Mint stamps on our coins and ask yourself why they are there? The silver quarter of a dollar has

our American eagle, with spread wings covering almost the whole of one side, and that is for our freedom. Some of our ten cent pieces bear a lighted torch to carry the message of freedom as long as the coin lasts. A copper penny is quite the most interesting coin of all in design. It shows you the Indian who gave us our land, and the laurel wreath of our great Nation. It shows us President Lincoln, too, who was one of our greatest citizens, and the grain that gives us our food. As we look at these beautiful coins that are our currency, we see at once that they really mean something to Uncle Sam. We ought to think very carefully about the way in which we spend our money.

It is an excellent plan, of course, to save pennies and dimes and quarters. It is very much better than to eat them up in candy. Spending money wisely, though, is another way of saving; it helps the money work, and increase, and give back to us a different kind of value. When you buy some ink, or paper, or a book, you are saving money by turning it into your brain power. When you spend money for needles, or cloth, or thread, or some wood to make a bee frame, and a chicken coop, or buy a setting hen, or a pig, or seeds, or garden tools; or spend it for anything to be made into something useful, or to help something to

grow, you are spending in a way that helps Uncle Sam. You help him, too, when you buy ten cents' worth of fresh air and health by going on the car to the park, the country, or the beach.

And there is just one more way for boys and girls to help the country to-day. You can try to save steps. The drygoods man may have to let Uncle Sam have his delivery truck, and it always makes his cloth cost more when he has to

send it to your door. The grocer may lose his delivery man, but what does that matter? Every child in the country can play that he is a home page for the Government and carry bundles that would otherwise have to be delivered. This will save work, and time, and the cost of delivering.

Put on your caps and run! Carrying home the groceries, saving your money by spending it wisely, and lessening the garbage man's load, will be games to play with Uncle Sam. See how quickly you can learn these games.



Courtesy, Boy Scouts of America

"CARRYING HOME
THE GROCERIES"

QUESTIONS AND SOMETHING TO DO

1. How can you save food and make it go farther in the home bread box, the fruit basket, the vegetable bin, on your plate at meal time, and in your school lunch?

2. What do you think it is best to pack in your school luncheon box, and why?

3. If there should be a lunch room started in your school, what do you think it would be wisest to have on the bill of fare so that the least food would be wasted?

4. Here are the great food families. Certain members of each should come to table with you every day.

The Mineral and Acid Family:

This is made up of apples, oranges, prunes, raisins, cabbage, onions, carrots, squash, green salads, greens, potatoes, bananas, grapes, rhubarb, dates, beets, parsnips, pumpkins, turnips, cucumbers, and other fruits and vegetables.

The Meat and Meat Substitute Family, Known as the Proteins:

Beef, poultry, lamb, fish, cheese, beans, peas, eggs, peanuts, and milk.

The Starch Family:

Wheat, oatmeal, graham, and corn bread; such breakfast foods as oatmeal, cornmeal mush, rice, and fine wheat cereals, and muffins and cakes made of these different grains.

The Sugar Family:

Cane and beet sugar, molasses, syrup, honey, dried fruits such as dates and raisins, jam, marmalade, candy, maple sugar, and frosted cakes.

The Family of Fats:

Butter, olive and peanut oil, lard, and other fats used in frying, bacon, nut butter, and the fat of meat.

A BIRTHDAY SUPPER WHICH ALL THE FOOD FAMILIES ATTEND

Meat Loaf

Baked Potatoes

Green Peas

Raisin Bread

Nut Butter

Milk

Birthday Cake, Frosted

Each grown person doing light work, and growing boys and girls need at least one pound of minerals and acids, one pound and a quarter of proteins, twelve ounces of the starchy foods, one-third of a cup of sugar, or some sweet from that group, and two ounces of fat a day.

See how many home meals you can plan that include just the right amounts of each group of foods.

5. Name some left-overs that may be used instead of being wasted in a garbage can.

6. Can you think of some nourishing foods that will not keep, and which should be eaten before those that will keep?

7. How can you make each of the following last longer: A lead pencil, a pair of shoes, a pad of paper, a new book or game, a bucket of coal?

8. If you save your mother's time by helping her at home, she may be able to play a game with you. If you have the empty milk bottles ready for the milkman, he can go to the next house more quickly. How can you save time for each of these workers: your teacher, the street cleaner, the grocer, the school janitor, the librarian?

9. Watch your home garbage can to see that nothing is wasted in it.

CHAPTER V

KEEPING WELL

The boys and girls who have strong, healthy bodies are going to be a great help to the United States Government in the coming years. In the first place, health will make it possible for them to work harder and play harder, in this way gaining more health. Another very important reason for taking good care of your bodies is to save your mothers and fathers from wasting money in buying medicines and paying doctors' bills.

Every city in the United States has a Board of Health. This is because there are certain conditions in a community, no matter how small, that may cause sickness. These Boards of Health watch the schools, the streets, and the rivers for any disease dangers, and do all that lies in their power to prevent contagion. If every family, though, and every child in every family were careful about the very simple hygienic matters that the Board of Health has to watch, the community would be a safer, better place in which to live. It isn't enough to keep well oneself. We ought



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BOY SCOUTS CLEANING THE ALLEYS TO IMPROVE THE
HEALTH OF THEIR CITY

to be thoughtful of the health of our neighbors, and not do anything that will be dangerous for the welfare of the boys and girls in the next block.

Uncle Sam would like all his boys and girls to join forces now and form Junior boards of health. He would like them to watch for whatever danger to public health there may be in their neighborhood. These boys and girls can be health scouts, spending a part of each day, or even the time going and coming from school, using their sharp eyes in the aid of cleanliness.

They must look carefully for conditions that spread disease, and ways to improve them.

It does not seem possible, as we lift a glass of clear water to our lips for a refreshing drink, or feel a crystal raindrop touch our cheek that the water supply, if impure, might make one very ill indeed. The Government does all it can to purify our drinking water and regulate the supply, but boys and girls get very thirsty and often forget to think where their drinking water comes from.

Learn where the water starts, and tell your friends whether or not it is safe to drink it.

Most of the water on the earth's surface is stored in the oceans, from which it is drawn up by the sun to form clouds, and then falls again as rain. But the rainfall fills the rivers, and these are swift flowing at first, but slow and winding as they go through towns and villages. Slowly flowing rivers, poisoned by sewage from the dumps on their banks, are apt to be very dangerous to health. That is why most towns draw off water into artificial lakes and reservoirs, purify it, and then send it through underground pipes to the houses and public buildings.

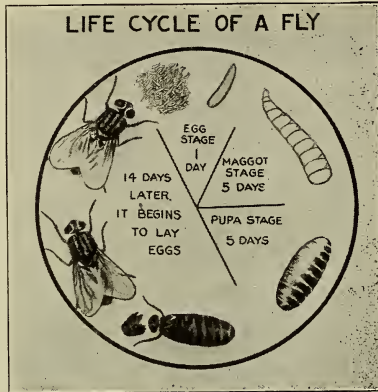
Children should be very careful about what kind of water they drink. The little pool of rain water sunk in the ground in the park or woods

may be full of disease germs and most unsafe to drink. It will be better to carry some bottles of cooled, boiled water when you go for a hike or a nutting party than to drink from a spring, no matter how clear it looks.

We must be very careful not to do anything that will contaminate the public water supply. Waste material that will decay should never be thrown in a lake or

reservoir which is piped for home use. Your garbage thrown carelessly into a river may cause illness a long distance away. Sewage is washed back and forth by the action of the currents for many days and causes the water to be badly poisoned. Such a condition is a health menace, especially in fresh water streams or lakes where the polluted water reaches the supply of some other town.

Boys and girls can fight other community disease carriers. Almost the worst of these is the common house fly. One does not realize to look at it, how much harm one fly can do. Its eggs,



Courtesy, Agricultural Extension
Dept., International Harvester Co.

THE COMMON HOUSE FLY

from which the larvae hatch, are laid in dirt of some kind, decayed food, manure, polluted ground and the like. One fly lays an average of one hundred and twenty eggs at a time and is apt to have nine families during a season. Scientists tell us that this one fly may have several hundred thousand fly relatives in a very short time. These



Courtesy, Agricultural Extension
Dept., International Harvester Co.

BOYS MAKING FLY TRAPS IN
SCHOOL

larvae stay in the dirt in which the eggs are hatched until they develop into adult flies. In the meantime their wings become laden with disease germs, and the flies carry these and leave them wherever they light.

A great many epidemics of fevers have been caused by flies, and doctors tell us that there are two and a half times as many sick babies in houses where there are flies as in those without. Why not get rid of the flies, boys and girls?

Uncle Sam tells you just how to go about doing



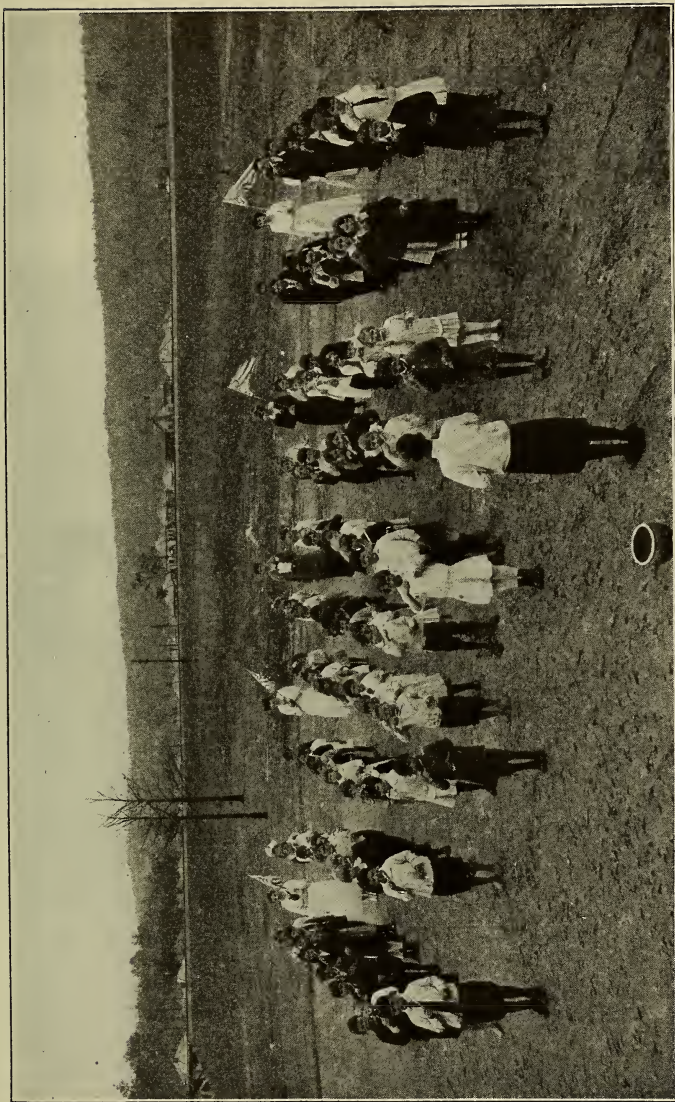
Courtesy, Agricultural Extension Dept., International Harvester Co.
GOING HOME FROM SCHOOL WITH THEIR FLY TRAPS

this. Your Junior boards of health can divide the towns into sections and scout for uncovered garbage and refuse pails and dumps of decaying matter where flies may breed. You will need to look on the fruit stands, candy stands, and in the grocery and butchers' shops where there is uncovered food. That is the direct danger route of the fly, from its breeding place to uncovered food. Ask every one to cover up his garbage pail or burn the refuse. Do not buy fruit or candy over

which flies have swarmed, and tell your mother about any unprotected food in the shops.

Another help you can give in this protection against flies is to be very careful about closing the screen doors at home, and not to make any holes in the screens at the windows. An excellent way of spending your money will be for a fly swatter, some fly paper, or a fly trap. The children of a neighborhood might have a fly killing contest. It will be a very worth while kind of war.

You ought to fight mosquitoes as well as flies. These carry disease to cattle in addition to human beings, and we need to care for our cows and sheep particularly well now. Stagnant water is the breeding place of the mosquito. The eggs are laid on the surface of the water and the young must live in it for a while. The waste water that you thoughtlessly throw out may breed these little danger carriers. Weeds and bushes along the edges of marshy land are alive with them and should be cut out. Overhanging grass should be cut from the edges of all ditches, streams, and pools in your neighborhood. There is not very much that children can do in ridding a community of mosquitoes, but these slight measures will really count for a good deal if every boy and girl does his or her share. The main point is not to take a walk, or play near the wet ground



Courtesy, Social Science Dept., Tennessee Coal, Iron, and R. R. Co., Birmingham, Ala.
SCHOOL CHILDREN IN TOOTH-BRUSH DRILL

where there are swarms of mosquitoes. Their bites may make you very ill indeed.

Perhaps you have a wonderful museum of natural history near your school that you can visit soon and look for the exhibits there that tell you about public health. This will help you to organize the work of your Junior health board. Look for the relief map that shows the drainage system of your town. You may be able to copy this at home in clay, or sand, which will be a new kind of rainy day occupation. Look, too, for the giant size models of the mosquito and fly in the museum. These will help you and the others to understand how dangerous they are. And ask your teacher and the librarian in the children's room to suggest a reading list about keeping well.

Every school and every Board of Health has rules about those children who have such contagious diseases as measles, whooping cough, or scarlet fever. It would be a good plan to find out just what these are and make copies of them to give your Junior Board. Be sure to brush your teeth three times a day, and keep your hands and face just as clean as you can. These seem like very small things to do for Uncle Sam, but they will please him just as much as something greater, and they will help him, too.

QUESTIONS AND SOMETHING TO DO

1. The following are very unsafe habits for children: Drinking water from a spring, or pond; using a common drinking cup; sleeping or studying in a room with little fresh air; forgetting to brush your teeth; going to a house that the Board of Health has quarantined. Why are they unsafe?

2. What is the danger to you and to your family of flies; of mosquitoes?

3. How can boys and girls help to rid their homes and their town of flies and mosquitoes?

4. Where is the office of the Board of Health in your town?

5. What notices have you seen posted about the town, and where, by the Board of Health?

6. Have you seen uncovered garbage pails, or food and candy for sale uncovered near your home? Is there any thing that you can do about this?

7. What is a contagious disease?

8. Why should you stay at home if you have measles, or whooping cough, or any other contagious disease?

9. What are the rules of your school about such diseases?

10. Make a map in sand or clay showing where your town's pure water comes from. Put in your river, creek, or pond where there might be danger from impure water or mosquitoes.

11. Go with your mother or teacher to a museum of natural history, or a public health exhibit where you can get suggestions in regard to keeping well.

CHAPTER VI

SAVING THE WILD FOWL AND BIRDS

Bob White! Bob White! Every boy and girl knows the cheery call of the quail as it rings out over the upland meadows from spring until the snow flies in the fall. You know, too, what a friendly bird Bob is, nesting so near the farm and so low down in the meadow grass as to be easily destroyed by the trampling of cattle, or by wild animals. You have watched Bob, himself, a big, mottled bird, and easily seen against the green of his surroundings.

He is close enough to be an easy bird to bag. You raise your gun! aim—

But wait a moment before you pull the trigger!

The United States Government tells us that we and our foreign neighbors need every bit of food that can be raised. We shall need every vegetable, every kernel of grain, every fruit that the farmer can produce to spread the world's dining table and not leave any hungry mouths. The most difficult part of farming to-day is to get men to work on the farm. There is not enough labor to go around. And you were going to shoot one of the most helpful farm laborers there is,



Courtesy, National Ass'n of Audubon Societies

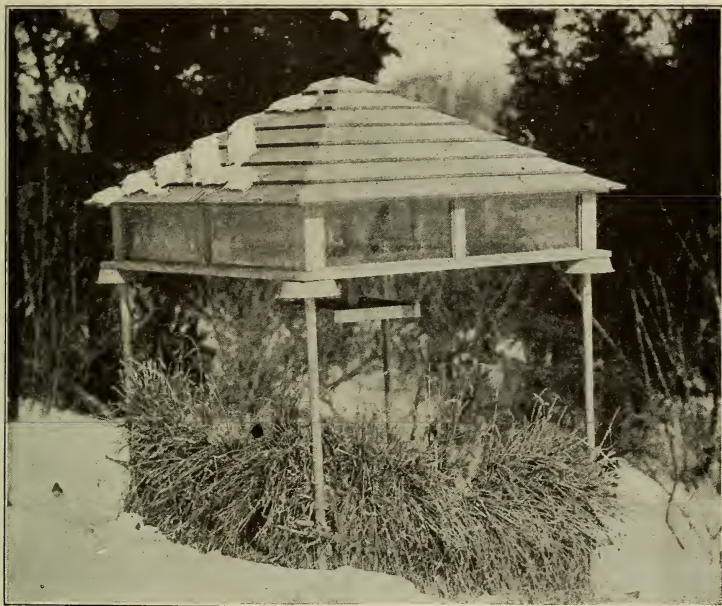
A QUAIL ON ITS NEST IN THE MIDDLE OF A CORNFIELD

the friendly quail! That's right; drop your gun.

The quail is the best policeman for the small pests of the farm ever known. That is why he risks his life and lives so near the fields. He keeps busy from sunrise until sunset and from ploughing to planting, killing the enemies of the food that is raised on the farm.

It is not enough to spare the life of the quail. Bob White needs protection. It is not a well-known fact, but quite true, that he suffers terribly in the winter. Sometimes quails are frozen fast for weeks at a time in the marshy meadows with the result that the birds are unable to survive. Boys and girls may prevent this by putting up little straw shelters, built like small tents or huts, in those spots near the farm where the quail is apt to flock. Some cracked corn can be scattered inside these shelters and Bob White can live inside, safe and warm, until spring comes and he starts out to follow the plow.

We must do all we can to protect and help the wild fowl of the open; the sage grouse, the partridge, the wild turkey, and the prairie hen. While we do not need these for food now, there may come a time when we shall. Teach your dog some other kind of sport than chasing them and let them have a long rest. Uncle Sam, himself, is thinking of doing something to protect the important



Courtesy, National Ass'n of Audubon Societies

A STRAW AND FRAME SHELTER FOR QUAIL

The lower food tray attracts the birds who find their way into the upper, glass inclosed tray of food. This is a valuable farm devise and can be made by a boy who is handy with tools.

wild fowl and animals. He regrets that our buffalo and passenger pigeon are almost extinct. Tell the other children that Bob White is protected by state laws in Arizona, Colorado, Kansas, Michigan, New Mexico, New York, Ohio, North Dakota, South Dakota, Utah, Wisconsin, and Wyoming.

If you were to board an observation train and take a journey across the Great Plains, the Rocky

Mountains, and the Pacific States, you would be very much surprised at something which has happened. You might see a few wild birds, perhaps a deer or two, maybe a chipmunk. There would be few rabbits and squirrels, and almost no fawns. It is surprising how soon a wild species becomes extinct, and we are likely to need wild food, and all the birds that live on insects.

Some of our states are going to try and regulate hunting and establish safe preserves in the forest land where the deer may rest for a few years. Children may help by putting away their rabbit snares and by sparing the squirrels. The cat needs more attention just now, too, for she has little mercy on the farmer's helpers, the birds. A house cat, well fed, and properly sheltered, will soon become too lazy to hunt. The neglected cats, starved, and without shelter, that haunt the country and the city, too, go back to their tiger habits and do great harm to wild life.

The claws of a cat are savage weapons. Sometimes a robin which a cat has only struck down with her claws is poisoned, and dies in a most cruel way. A pigeon cut by a cat's claw very seldom lives. A pet squirrel that a cat scratched seemed unhurt at first, but it refused to eat, and finally died. Some cats have been known to climb orchard trees and rob nests of valuable birds that

eat insects. A full-grown cat may catch as many as fifty birds a year in a locality where birds are numerous. The birds destroyed include the smaller wild ones, Bob White, the ruffed grouse, the heath hen, pheasants, and partridges.

Two cats, that had tasted birds, were tied in a yard by their col-



"I'VE NEVER CAUGHT A BIRD,
AND I AM PROUD OF MY LEASH"

lars to prevent their hunting. They imitated the call of the robin and were able to attract several birds to them which they killed. Another cat, that had hunted as a kitten, was belled to prevent her catching birds. She brought in thirty-two birds one season and twenty-eight the next, although she had six bells on her collar.

It is said that there are many million valuable wild birds killed every year in the United States by cats. The value of cats as mousers is not great. A trap is just as good for a mouse or a rat. It would seem that the value of pussy, then, is only that of a pet, and one cat is about all any boy or girl can well care for. Your cat needs good feeding, in the first place, for hunger makes her hunt. People who are studying wild life for the

Government tell us that out of every five hundred cats, four hundred are allowed to stay out at night. The greatest numbers of birds are killed between supper and breakfast.

If you have a cat, keep it in at night, feed it meat and water in addition to milk, and put wire cat guards around trees where there are birds' nests and about your nest-box poles. A light colored cat is better to have than a dark one. Some pet cats are quite proud of having a long leash fastened to their collars when they are out doors.

QUESTIONS AND SOMETHING TO DO

1. What foods that you eat every day grow on a farm?
2. Tell as much as you can about the work of the farmer in raising these foods.
3. How does the quail help to save crops on the farm?
4. What can you do to help the quail?
5. What wild fowl and animals are important for food when our supply of other meat is low?
6. How may your cat lower the food supply of the United States?
7. How should you feed your cat to keep her from hunting? What else can you do to keep her from catching birds, wild fowl, and young rabbits?
8. If you live in the country, put up some straw shelters for the wild fowl and birds who do not migrate.
9. If you live in the city, see what you can do to help, or rid it of homeless cats. The Society for the Prevention of Cruelty to animals will tell you how to do this.

CHAPTER VII

BEING KIND TO HIS ANIMALS

Uncle Sam has a habit of traveling about a good deal. His headquarters are, of course, at the Capitol in the City of Washington, but ever since he founded the thirteen original colonies, and put them in shining stars in his flag, he has spent a good deal of time in the different states of our Union. He likes the states because they are so different, and so widespread. Some are large, and some small, some are on the sea, and some inland, some are full of great cities, and some are made up of stretches of farm land.

There is one way, though, in which all the states are alike. Each one has dumb beasts in it. Uncle Sam loves animals, and he wants them to be treated mercifully.

Some states have more domestic animals and some more wild ones. In some states horses have to do more work than in others where automobiles are used. Uncle Sam doesn't think that he ought to make laws at Washington about the treatment of domestic animals, but he has many state laws about them. These state laws are so similar and so fine that all horses and dogs and other beasts



Courtesy, Am. Society for Prevention of Cruelty to Animals

AGENT ARRESTING A MAN FOR BEATING HIS HORSE

at large ought to be very comfortable. The trouble is that every one is not familiar with these laws. It will be splendid for boys and girls to find out what their state believes is kind treatment for its animals. It will save the agent who prevents cruelty to animals a great deal of trouble. He has to spend much time watching the streets to see that the laws are kept.

There is the faithful horse, first, who brings your milk in the morning, gives you a hay ride in the summer, and a Christmas express package. He isn't able to tell his master no matter how tired, or hungry, or thirsty he is.

The law says to the driver:

“Don't overload, or overdrive your horse, or beat him. He must have as much food and drink as he needs, and a comfortable stall somewhere. If you have to send him away with other horses and cattle to another city, see that the railroad takes proper care of him. He must not travel in a car for more than twenty-four consecutive hours without unloading, unless overtaken by a bad storm. And he must be fed on the train at least every ten consecutive hours.”

Of course you would never be cruel to a horse, but one of your helps to your country will be to watch the treatment of horses in your town. A year's great harvest, and the huge loads of all kinds that must be carried to the freight yards and docks are a cruel strain on the horses.

Do everything in your power to ensure kindness to these beasts of burden. Watch, too, to see if any



Courtesy, Am. Society for Prevention of Cruelty to Animals

A HORSE OUGHT TO BE MADE
COMFORTABLE

one is driving a lame or sick horse, or a horse that has sores under his harness.

The way in which your dumb friends are carried is also watched and regulated by the state laws. It is cruel to carry chickens, geese, and turkeys head downward, locking their wings, tying them together by the legs, or overcrowding them. A turtle should not be carried on its back. Newly hatched chickens should not be transported to be killed and stuffed for toys and favors. Calves should not be carried, crowded together, so that they are uncomfortable.

Animals have always had such a large share in our sport that the states want to be sure there is no cruelty done them, even in play. Any one who allows dogs or roosters to fight each other is liable to be punished.

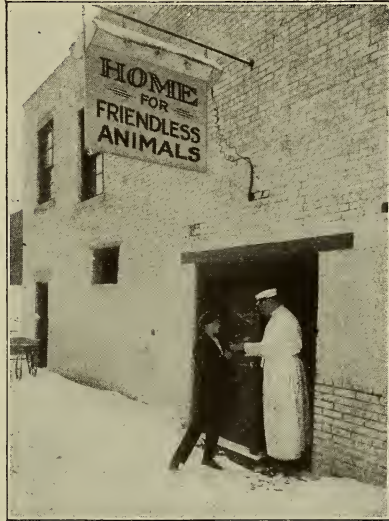
Traveling animals, such as monkeys with the hurdy-gurdy man, or dancing bears, or trained animals that perform in circuses, are entitled to good treatment by their masters.

A bear, heavy and lumbering on his legs, was dancing in the streets of New York one day. He grew tired and dropped down on all fours and his master stuck his knife into the bear's nose to make him get up again. A policeman happened to see the cruel act, and the man was fined and the bear taken where it could have good care.

No harm may be done an elephant that performs for us, or parades in the streets. In his native India or Africa the elephant draws heavy loads, is tireless in his work, and can be trained to be almost human in his help to man. It would not be right to illtreat him when he comes to a strange land to give us pleasure.

Uncle Sam likes dogs just as much as you do, and perhaps a little bit more, for his towns take care of the stray ones, even. Al-

most every town has its dog pound where the all-alone dog with no home, the lost dog, and the one with no dog license are kept. They may be claimed. If they are sick, or hurt, or no one wants them, they are humanely cared for. The law demands that there shall be fresh air, and plenty of water and food in the dog pounds, and the dogs must be properly sheltered from the weather. No boy wants his dog to be taken to the pound, though.



Brown Bros., N. Y.

DO NOT ABANDON AN ANIMAL IN
THE STREET

Help animals in another way, by getting your new dog license if your state demands one, very promptly.

The town must be kept a safe place for the domestic animals that live in it. It is not right to leave poison about for cats and dogs, or to abandon a horse, a dog, or a cat that is diseased or dying. This is not only cruel to the animal itself but puts other animals in danger. Watch, too, for any person who drops glass, nails, pieces of metal, or any substance that might wound or injure an animal on the public roads.

There are certain special relations of children to animals that the Government of your state would like you to remember. You have seen the fire engine, drawn by the swiftest, most beautiful horses in the town, go dashing up your street. You have seen the ambulance, too, whirling by as it carries some sick or wounded person to the hospital. Many cities have special ambulances for injured animals in which they are taken to the veterinary hospital. A boy likes to see these ambulances pass, or to follow them closely on his wheel. Uncle Sam would rather not have you do this. He even goes so far, in some states, as to say that it is against the law to get in the way of a fire engine or an ambulance.

In some of the parks that are laid out so beau-

tifully for boys and girls to have a good time in, there are fish ponds. Swans and rare varieties of ducks swim here, and make their nests among the reeds. Gold fish dart about in the water, just as they do in the fairy gardens of Japan, and other fish live here and grow tame. These are public water pets, and should not be caught. The law protects fish also in a pond on private grounds, if they have not come there by way of any public stream or lake. These wild neighbors of ours should have places of their own away from the crowds and the street cars.

“Don’t kill or wound, or hurt any bird, deer, squirrel, rabbit, or any other animal,” the law tells boys and girls, “within the limits of a pleasure ground or public cemetery. Don’t take away the animal’s young, or birds’ eggs, or sell, or knowingly buy any birds or animals that have been so taken.”

After dark there is still much to do out in the streets for our dumb creatures. Your town is putting lights on automobiles and trucks and watching to see if the trains are lighted and the signals flash. We must hang red lights over holes and broken places in the road. The faithful horse who takes his plodding way home through the night must not be exposed to any unnecessary dangers. Is the lantern lighted in the road in

front of your house where the men were digging this afternoon? Go out and see before you go to bed, and make up your mind that, in these little ways of helping, you are going to hold Old Glory over every helpless animal that you can.

QUESTIONS AND SOMETHING TO DO

1. How do horses help in the work of your town?
2. What care does a truck horse need to keep him comfortable and useful?
3. Have you seen any traveling animals; monkeys, bears, elephants, or other circus animals in your town? What care should each of these be given by their trainer?
4. Does the law say that your dog should have a license? If it does, where and how will you get the license?
5. How can boys and girls keep the streets safe for animals?
6. Are there any public watering troughs in your town? If there are, where are they located?
7. What kindness can you show public pets in parks? What notices have you seen posted by the park zoo, the deer preserve, or the fish pond?
8. Is there an office of the Society for the Prevention of Cruelty to Animals in your town? If there is, ask there for a copy of the state laws in regard to animals in the streets for your class.
9. Make a scrap book of pictures that show good and humane treatment of animals. Each child in your class might bring one picture.

CHAPTER VIII

KEEPING HIS HOLIDAYS

All holidays are alike, you thought. Every one is a day for having a good time, and you never stop to think why the banks are closed on certain holidays and not on others, and why there is a parade on Washington's Birthday, and none on New Year's Day.

Ask your Uncle Sam about it. He knows a great deal in regard to our Nation's holidays. And the reason for this is that he established most of them. After he had finished the great work of founding this Republic of the United States, he decided that he would like to celebrate certain of its important events with great doings on certain days. So he set apart these days as his own holidays, some national, and some state holidays. He closes the public buildings where labor is employed on those dates, and also closes the school doors. He wants boys and girls to be free to play, but he would be very much pleased if they would do something to help him keep his own special holidays. Each one of them is different, he tells us, and gives children an opportunity for a different kind of celebration.

It seldom happens that the birthday of an important person is celebrated during his life time and for almost one hundred and fifty years afterward, but that was what Uncle Sam did for George Washington, the first President of the United States. News that his birthday was to be a national holiday came to General Washington at his winter quarters in New York State before he had defeated the British, and he was greatly pleased at the honor. When he was made President, his birthday was kept instead of that of the English King, and we have been keeping it as a holiday ever since.

Washington's birthday is also celebrated in Alaska, Hawaii, Porto Rico, and the Philippine Islands.

You will want to see Uncle Sam's soldiers parade on Washington's Birthday. And be sure that your flag, with thirteen red and white stripes and forty-eight stars, is flying to show the growth of the Union since President Washington's time. Get a good book of Colonial stories from the library to read on this holiday that you may compare your pleasures and comforts with the few that were given the children of the original thirteen states. And if your mother put up some cherries last summer, perhaps she will make you a cherry pie. Whether or not little George Washington cut down his father's cherry tree, it is



Photo by Paul Thompson

A SCHOOL PAGEANT. GENERAL WASHINGTON SAYING GOOD
BYE TO HIS SOLDIERS

a good thing to associate cherries with this holiday. Along with them, comes Washington's message to boys and girls:

“Be True!”

Fourth of July is one of Uncle Sam's oldest holidays, too. He very seldom makes a mistake, but he did for a great many years in letting children keep this independence day by making a noise with combustibles and by hurting each other. One July Fourth Uncle Sam found out that in

more than eighty of his cities an average of several thousand of his young Americans were being killed and injured, so he decided to keep the Fourth in a new way. This year we will celebrate not only the independence of our Nation, but our freedom from the dangers of toy cannon and giant fire crackers. Buy a flag instead of a pistol.

When your grandfather was a boy, he went to the village park to hear some important man of the town read our wonderful Declaration of Independence. Then the band played patriotic airs, and there were games, and refreshments for the children. Uncle Sam thinks that was a fine way to celebrate the Fourth of July, and he wants you to go back to this kind of celebration in America to-day.

Four hundred years after the brave Christopher Columbus discovered the islands off the shore of America, Uncle Sam decided that Columbus' bravery ought to be recognized by keeping the anniversary of the discovery as a national holiday, because, without Columbus' bravery, there might not have been any Land of the Free. Our President, Benjamin Harrison, issued Uncle Sam's proclamation about this new holiday. He said:

“Now, therefore, I, Benjamin Harrison, President of the United States of America, in pursuance of the aforesaid anniversary of the discovery of

America by Columbus, recommend the same as a general holiday for the people of the United States. On that day let the people, as far as possible, cease from toil and devote themselves to such exercises as may best express honor to the discoverer and their appreciation of the great achievements of the four completed centuries of American life."

That tells you how to celebrate Columbus Day. Your class at school may plan a pageant, representing our important American inventions. You may read some stories about how the first steamboat, the first locomotive, the telephone, the cable, the telegraph, the first automobile, and the first aëroplane came to be. If you ask in the public library, the librarian will be very glad to set out a shelf full of books about American inventions and progress for Columbus Day reading. They are more exciting than fairy tales, and true.

There is a great deal that children can do to help Uncle Sam keep Labor Day. He is prouder of honest work than he is of any of the Nation's wealth. Do some extra work yourself to help some worker rest on Labor Day. Order the groceries, the meat, and the vegetables early the day before and carry them home so that the clerks and delivery men will have less to do. See that your yard and sidewalk are clean, and no rubbish is left

over for the street cleaners to gather on the holiday. And help all that you can at home, so that your mother and father may have a restful Labor Day. The greatest work of the world is done in the homes where American boys and girls are being brought up to be good American citizens. You can help to lighten this work.

Uncle Sam doesn't want to admit that he likes one of his holidays more than another, but Thanksgiving Day is really his favorite one. We know this because he is always so mysterious about announcing it every year. We never know when it is coming.

"Suppose there shouldn't be any Thanksgiving this year; I haven't told you when it will fall?" Uncle Sam says.

But every November, without fail, Uncle Sam has the President of the United States issue a proclamation to be read in your church, telling you that you may keep Thanksgiving on the last Thursday of November. This proclamation doesn't say a word about eating turkey and pumpkin pie. General Washington's Thanksgiving proclamation, in 1789, began:

"Whereas, it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits—now, therefore, I do recommend and assign Thursday,

the twenty-sixth day of November, to be a day of Thanksgiving.”

Uncle Sam has not varied much from this form of Proclamation since Washington's time. He wants you to go to church on Thanksgiving Day. He would like you to make somebody thankful, through your kindness, even if it is only a stray dog who needs a bone, or an old truck horse whose checkrein you loosen so he can get a drink. When you reach home, the turkey and pumpkin pie will be waiting there for you.

For a long time Washington's Birthday was the legal holiday when flags were raised from all public buildings. But Uncle Sam grows to love the Stars and Stripes more deeply every year. June 14, 1894, he celebrated his first Flag Day which has been one of our National holidays ever since.

The Pilgrims sailed to America under the English flag, red, white and blue, but with its bars crossed in the center, and having no stars. For a while the colonists of New England used a red flag with a green pine tree on a white ground in the corner. Then they put in thirteen red and white stripes and the British colors in the corner. But Uncle Sam's present flag was made in Washington's time. It was like our present day flag except that it had only thirteen white stars in a circle on the blue field.

Flag Day will be a good holiday for you to try and make one of each of these flags and hang them out with Old Glory. You may learn one of our beautiful flag poems, and you and the other boys and girls, may meet to sing the National airs that have been written about the flag.

The most wonderful thing about Uncle Sam is his tolerance. He goes all over the Union from state to state and tries to feel just as the people he meets in each state feel. He tries to put himself in their places. When he is in the North he waves the Stars and Stripes on the birthday of Abraham Lincoln, our country's beloved martyr. When he is in the South Uncle Sam recognizes as state holidays the birthdays of the two great leaders of the Confederacy, Robert E. Lee, and Jefferson Davis. He wishes both the North and the South, though, to keep Memorial Day, on May 30, and parade in honor of our brave armies of the Blue and the Gray.

In many states Arbor Day is celebrated and the children keeping it have planted over three hundred and fifty millions of trees and vines that will help make the United States beautiful, and supply building material, and food. In New England, Uncle Sam remembers the farmers of Lexington and celebrates their Revolutionary bravery on Patriots' Day, April 19. Election Day is a



KEEPING LINCOLN'S BIRTHDAY

legal holiday, but the Government is so busy then that you can help most by staying quietly at home.

Wherever you are on one of these National holidays you can be pretty sure of keeping it in the right way if you follow Uncle Sam's example. Celebrate the National event it stands for so well that you and the other boys and girls will remember it for a whole year.

QUESTIONS AND SOMETHING TO DO

1. In which months of the year do we have holidays and what are they?
2. Which are our legal holidays?
3. What great event in our country does each of these holidays celebrate: Washington's Birthday; Columbus Day; Flag Day; Fourth of July; Patriots' Day.
4. Why do we keep Labor Day; Arbor Day?
5. Make a holiday chart by writing down the names and dates of the holidays that your state keeps. Write beside each holiday one good way in which you can keep it.
6. If the public library is open on a holiday, go to it and look at the special books and pictures that have been put out in honor of the day.

CHAPTER IX

HELPING HIS DEPENDENT FAMILY

Sometimes there is one child in a family who is not able to take care of himself. This child may be blind, or lame, or ill, and so his mother takes twice as much care of him as she does of the other children, and his father tries to earn more money so that he can support this child when he grows up.

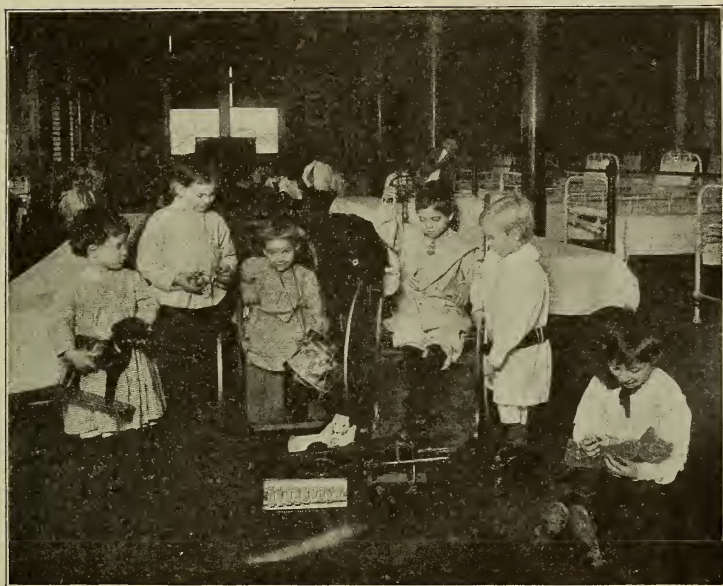
Most of Uncle Sam's children are like you, well and strong, and studying hard in school so that they may become wage earners when they finish. But there are some members of Uncle Sam's family who are different. Something has happened to them so that they are dependent. Uncle Sam, through his town, and city, and state governments is taking just as good care of these dependent children of his as do the parents of a helpless boy or girl.

There is a group of buildings just outside of your town that you seldom think about, and never visit. There is a big dormitory full of small white beds, there is a small school, and there are gardens where boys and girls of your own age, and just like you except that they are dressed

all alike, can be seen planting and harvesting. These are Uncle Sam's children, the orphans, dependent upon the public for support, not through any fault of their own, but because they have no fathers and mothers.

In almost every town there is an orphan asylum, and there are other large buildings where Uncle Sam's helpless ones are housed. There is a large house where old people, like your grandfather and grandmother, sit out in the sunshine and talk about the days when they had homes of their own. There is a hospital where the sick are nursed, and cured. There may be a school for the blind where children learn to read with their fingers, and are taught to use their hands in carrying on trades by means of which they can earn money. Perhaps there is a Soldiers' or Sailors' Home near you in which men who are old, or otherwise helpless, and mustered out of Uncle Sam's honorable service, are made comfortable.

Such a public home as one of these is usually a very well made and beautiful building. It has a huge kitchen to which meats, and vegetables, and fruits, and eggs, and milk are sent to be prepared for the table by trained cooks. There is a library of good books. Doctors and nurses are provided at the town's or state's expense, and all that can be done with public money is done.



CHRISTMAS IN THE CHILDREN'S WARD

to make Uncle Sam's dependent children comfortable and happy.

What is there left for boys and girls to do?

Perhaps you noticed last Thanksgiving Day when you drove by the Orphan Asylum on your way to grandfather's how those boys and girls who have no families crowded to the gate to watch you pass. They were going to have turkey, and mashed potato, and cranberry jelly, and pumpkin pie for dinner just as you were going to, but there would be something that they would miss.

The orphans would have no one who belonged to them to enjoy Thanksgiving with them.

There is just one comfort that no amount of tax money can buy for Uncle Sam's dependents—friends. Boys and girls can try to be friendly to all the public charges of their community.

Parents, and teachers, and ministers will help you with this neighborliness. Playgrounds, and the circus, and your books, and games can be shared with the orphans. The children who are getting better in the hospital wards will enjoy scrap-books, and toys, and plants, and wild flowers in their season. Old people like to be read to, and they enjoy music so much. Your school orchestra, or your chorus, or just a few boys and girls who play the piano or violin well can make a great deal of happiness for the old people. They will enjoy, most of all, though, your thought of them.

Always, in our great cities, there are the poor to be thought of. Perhaps the father has no work, or is ill, or there may be no father and the mother must take his place. Try to remember these boys and girls at Christmas time. They want to be happy just as much as you do, and they ought to have a chance. Parties are often given for them at social settlements, and churches and other organizations distribute gifts in their homes. Sometimes there



Photo by Paul Thompson

KEEPING CHRISTMAS WITH UNCLE SAM AT THE POLICE
STATION

is a party for them at the police station. The police cover a Christmas tree with gifts for all the poor children in the neighborhood, and give an entertainment for them too. Uncle Sam likes to have you remember the poor and unfortunate members of his family at Christmas time.

Uncle Sam has dependents, however, who are quite different from those we have described. Some morning when the girl housekeeper is hurrying to finish the breakfast dishes before school, there is a rap at the kitchen door. A tramp, ragged and untidy,

stands outside and begs for some food. He says that he has no money, and has not eaten in a long time. What shall this little housewife do? Shall she offer him the toast and the cereal that the family left, or just shut the door?

Neither of these ways of treating a beggar is Uncle Sam's way. If the tramp has been ill, he needs to go to the town hospital. If he has no work to do and is willing to work, there may be an office of a charitable society in the town where he can be sent to get work. If he is well and does not want to work, he deserves no breakfast.

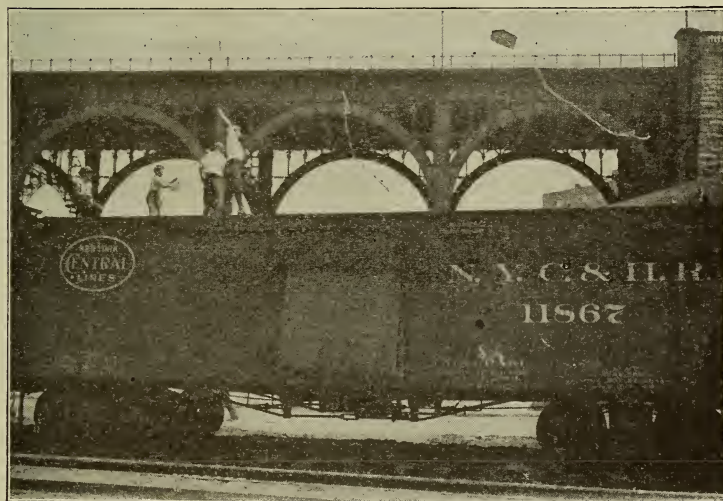
Find out just what places there are in your town where people who are strong and able to work can be helped. The churches, the settlements, and the charitable societies having employment bureaus are all ready to help beggars to help themselves. No money or food should be given, without return in the form of work, to anyone who can help himself or herself.

Taking care of the orphans, the old people, and the ill, and the poor of the United States costs many millions of dollars every year. We ought to try and save as much of this tax money as we can that it may be used for other purposes that will help the whole country instead of a few.

Uncle Sam wants boys and girls to save their town some of its hospital bills by taking good



Courtesy, Playground and Recreation Ass'n of America
STEALING RIDES IS A FREQUENT SOURCE OF INJURY



Courtesy, Playground and Recreation Ass'n of America
A DANGEROUS PLACE TO PLAY

care of their bodies. Catching rides on wagons, jumping on or off cars while they are in motion, sending off fireworks, crossing the street without looking both ways, getting in crowds, and playing in partly finished buildings, are the causes of many accidents that have to be cared for in public hospitals. Eating cheap candy, drinking from a common cup, going to see other children who have had a contagious disease, drinking milk that has been uncovered, leaving the cover off your garbage can, letting flies get into the house, taking medicine without a doctor's orders, staying up late at night, and sleeping with your windows closed, cause many of the diseases that the hospital has to cure.

There is one more help toward growing up a useful member of Uncle Sam's family. Just as soon as a boy is old enough to go into the manual training room at school, or a girl into the cooking room, Uncle Sam wants this boy and girl to rub Aladdin's lamp. See, somewhere ahead of you, the home your handwork is going to help make for you. A boy who learns to be a carpenter, or an engineer, or an electrician, or a printer, or a farmer, or any one of the other useful tradesmen the public schools will make him, can earn a home. He can rent a house at first, and buy one, perhaps, later. He can save some



THE GIRL WHO LEARNS TO SEW IS ONE OF UNCLE SAM'S
HOMEMAKERS

money and when he is old he will not be a town charge, cared for in a public home.

The girl who learns to cook, and sew, and take good care of all the furniture, and coverings, and cooking utensils, and dishes, and pictures, and books, and plants that make a home, will be helping to keep that home for the future. If she learns how to take care of the sick, and buy food without wasting money, and keep accounts, and cultivate a garden, she will be an even greater help in Uncle Sam's family of homemakers.

The home that Uncle Sam wants boys and girls to begin thinking and planning for, even when they are in school, is as large as they can possibly afford to build it. It has some extra rooms so that there will be a place for the grandmother and grandfather if they should need to come and live in it. Sometimes the town wishes to pay for boarding an orphan child, or a motherless baby, or an old person in a private home instead of in a public one. It would be a great help if you could build your home large enough to take care of some of these people.

Uncle Sam would like to have you build your house in the country, where there is plenty of fresh air to breathe, and land on which to raise your own food. The work you do when you grow up may keep you in a city near a factory, or a mill, or a great office building. But the cities are very full of people now, and the country is a much more comfortable place in which to live. The railroads are doing all they can to make it possible for people to work in the cities and still enjoy the benefits of country life.

Boys like to dig caves, and every girl loves to play house. Uncle Sam wants to play with you, helping you to make the game real, and saving him the care and expense of building homes for people himself.

QUESTIONS AND SOMETHING TO DO

1. How does your town take care of helpless grown people and children?
2. Does your state help the town with this?
3. How is money raised to pay for shelter and food for the old, the ill, and for orphans?
4. Are there many tramps and beggars in your town?
5. Is it better to give money and food to tramps, or to send them where they may work and earn?
6. Are there any charitable societies in your town to which a tramp could be sent to get work? What work could he do to help your town; farming, railroading, on the dock, cutting wood, or anything else?
7. What can you do to keep from being a public charge?
8. Name the trades that you can learn in or near your town.
9. Describe the house that you would like to build when you grow up.
10. Make a scrapbook, collect books and magazines, gather plants or flowers, or plan an entertainment for your orphan asylum, the hospital, or the home for old people.

CHAPTER X

FOLLOWING THE ROAD

There was a blizzard in your town not long ago. One morning when the boys and girls woke up and looked out of the windows they saw a white town. The sidewalks and roads were white, without wheel tracks. No one was out, everything was still and cold. The town was snowed in.

Then several things happened, because the streets and roads were blocked. The milk train did not arrive in the night as usual, and there was no milk. Even if there had been a fresh supply of milk, the milkmen could never have made their rounds through the snow-drifted roads. Way down at the end of the town a warehouse took fire. The fire department started, but the engine and truck were not able to make their way through the snow and the warehouse burned down. The bakers' teams could not deliver food; neither could the grocer's. There was no mail, and no trolley cars could take the men to work and the children to school.

Something else happened, though, at about this time. Down the street came the town snow plows cutting a path through the drifts for the milk-

man and the street cars. Those boys and girls who had sharp enough eyes to see him, discovered Uncle Sam behind the snow plows. The city took great pains and spent a great deal of money leveling your street and paving it, and the town Government believes in keeping a road open and in good condition once it is made. Following the city snow ploughs came teams and squads of men with snow shovels to cart off the snow turned up at the side of the road and dump it into the river. In a few hours the blocked roads were open to traffic again.

Boys who knew their duty to the street cleaning department of their town brought out their snow shovels and scrapers and went to work cleaning the sidewalks. These needed to be thoroughly cleaned because a little snow, left to melt and freeze, on a paved walk, is more dangerous than packed snow.

There was one boy, though, who thought that it was too cold to finish his sidewalk. He decided to clear only a path in the middle and let the rest of it go until the next day, hoping that it would be warmer. A pedestrian fell on the ice that formed on this boy's sidewalk and broke his leg. The town had to send an ambulance to carry him to a hospital, and pay a surgeon and send a nurse to take care of him there until he was well.

Uncle Sam needs the help of every boy and girl in the United States in keeping his streets safe and in good condition.

When our country was first settled there were no roads. The Indians made trails from one camp to another, and from forest to stream. Herds of buffalo tramped pathways for themselves, but these were dangerous roads for the Colonists to follow. Stage routes, and cow paths, and mountain trails made by wild beasts were also makeshifts. It took weeks to travel a distance that a train can cover in a few hours to-day. Gold from the West could not be brought East, and corn raised in New England could not be taken out West. Cotton from the South could not come to the North, and the North could not send iron for machinery South. Moving from one town to another took many days, and letters might come a month apart.

As soon as he could, though, after he had built his Capitol at Washington and the people had elected George Washington as our first President, Uncle Sam took to the road. He asked farmers, towns, and states to build good roads. We have been building roads and policing roads, and improving roads, and giving trains and street cars a right of way ever since. This takes up a good share of public time and vast sums of money.

Many different kinds of material are used in making a road. The road bed, first, is a most important consideration, and must be level, hard, and smooth. Then the road itself is built of logs, paving stones, wood blocks treated with tar, or macadam. Every child, at one time or another, has had the fun of watching and following a steam roller. Like a huge, black dragon spitting out tongues of fire, the steam roller drives over a half-made roadway, and leaves it white and hard. Uncle Sam, through the town or state Government, is driving the steam roller, and as he shovels coal into it and guides it, he is thinking of the great things that a new road is going to do for his people.

The farmers will drive into the town over it, carrying apples, and grain, and eggs, and meat. The rural free delivery postman will take letters and, perhaps, some games, and a pair of new rubber boots, and a new book from the city store to the country home. The girl or boy on the farm who was very lonely can ride over a fine state road to a distant farm where there may be another lonely girl or boy, and they can play together. The crippled boy, who could not go to school before, rides in an omnibus that the city sends for him over this good road to the schoolhouse.

The road that your town or state builds helps,

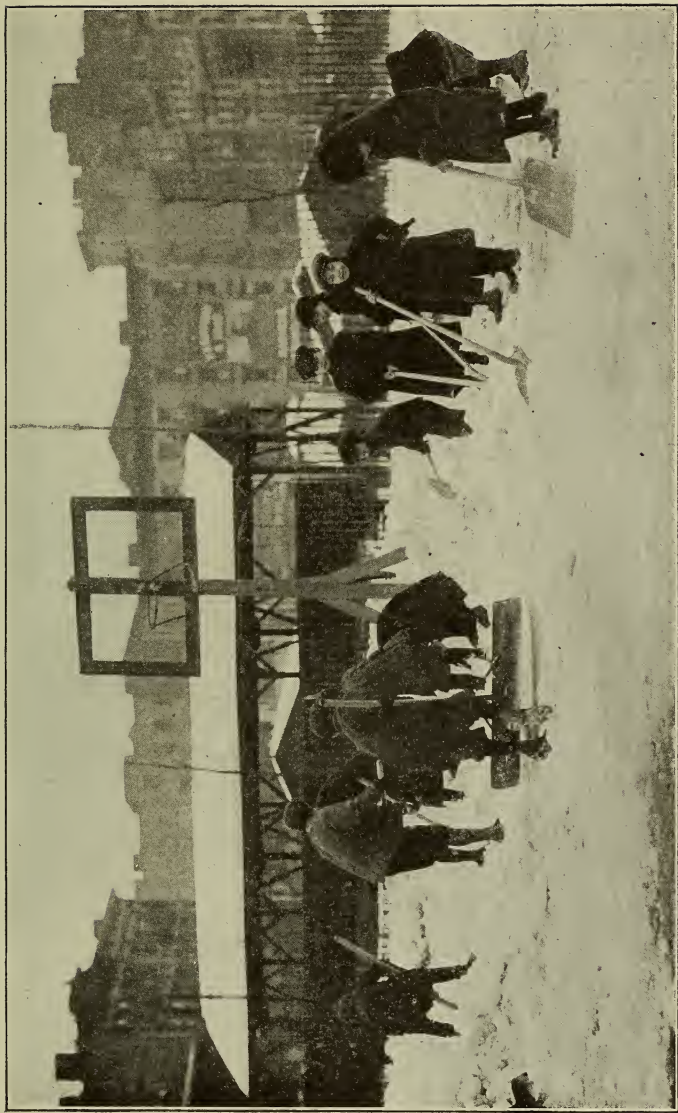
too, with the work of the world. It takes men quickly to the factories, the mills, the mines, the wharves, and the farms. Fast trains over good roads take the work of these men's hands to every state in the Union.

Our roads are strong enough to carry automobiles and heavy trucks, tons of coal, and countless barrels of flour, barrels of potatoes, masses of copper, and gold, and lead, and silver, and iron, bales of cotton, sacks of mail, express wagons loaded with Christmas gifts, and everything else that is needful for the life and happiness of the big United States family.

All boys and girls like to be out in the street part of the time. But they often forget that Uncle Sam is there with them, and they thoughtlessly undo the great work the town's good roads are doing.

"Follow the road with me, young American," Uncle Sam says, "but help me to keep it a good road."

In the winter you can help by cleaning your sidewalk after every storm. There is usually a city ordinance that compels a property owner to do this, and it costs a good deal to enforce this law. A group of boys might form a snow cleaning squad and shovel sidewalks where there is no one to do it, for a small sum. This will



A SNOW CLEANING SQUAD THAT UNCLE SAM LIKES

be a splendid help for the street cleaning department.

In the summer keep the grass in good condition and well cut along the edge of the curbing. The grass growing around the letter box on the corner often is tramped down so that it dies. New turf may be put in, and will be one sign that you are helping the Government to keep the streets beautiful as well as safe. Loose papers should be picked up and put in the paper cans. The country boy can make a road drag, and ask his boy neighbors to help him use it. A split log makes a good one, and if it is used after every rain, just as the road is beginning to dry, it will make a smooth, hard bed. Using such a drag is very important on a dirt road. It serves to make the road slope away from the center, which gives it good drainage.

The greatest help that boys and girls can give in the streets is in keeping them safe. Anything which blocks traffic is very dangerous. Try to keep out of a crowd. Don't attempt to run across the road in front of teams. Always look both ways before you cross.

It is usually unsafe to play ball or tag in the street, and in some cities there are laws against it. This makes Uncle Sam sorry, though, for he believes in play. In some of the large cities the



Courtesy, West Chicago Park Commissioners

A PUBLIC PLAYGROUND IS SAFER THAN THE STREET

city officials have set apart certain blocks as play streets. These are roped off to traffic after school for two hours, and policemen are on duty to keep them free for playing ball, roller skating, and games. Almost every city has one or more public playgrounds. Play in these, if you have no yard at home, instead of on the street.

One use of our good roads is to provide us with pleasure trips. Special cars run to the beaches, to the parks, to the zoos, and to the ball grounds.

Don't push when you board a car. Let old people and mothers with little children get on first. Give place to girls next. Learn to get off

a car facing forward instead of backward, and always wait until the car stops.

It is also important for you to know where your nearest fire alarm box is, and how to give the alarm.

Who is going to do all these things, and be Uncle Sam's right hand man on the road?

QUESTIONS AND SOMETHING TO DO

1. Name the most important street in your town.
2. Where does it begin? Where does it end?
3. Find out, if you can, how that street started when your town was first settled. Was it a cow path, a road along a river, a trail through the woods, or a path to a farm or a mill?
4. Compare this main street with what it was long ago. Of what materials is it made? How is it lighted? What kinds of cars run through it? What important buildings have been built on it, and why? What pipes and wires are underneath it?
5. Are there any unsafe streets in your town; and why do you think they are unsafe?
6. What does your town street department do to keep the streets safe and clean?
7. Is there a city ordinance telling property owners how to care for their sidewalks?
8. What can you do to help in keeping the streets clean?
9. What games do the children of your neighborhood play in the street? Is this safe play?

CHAPTER XI

TAKING CARE OF HIS GIFTS TO YOU

Uncle Sam believes that it is just as much a public work to make people happy as it is to guard them or feed them. The United States would be a pretty poor place to live in if there were no parks, or art galleries, or libraries, or museums. Nearly every town has one or all of these, supported by public money. In them boys and girls may have a good time and learn a great deal, too, without expense.

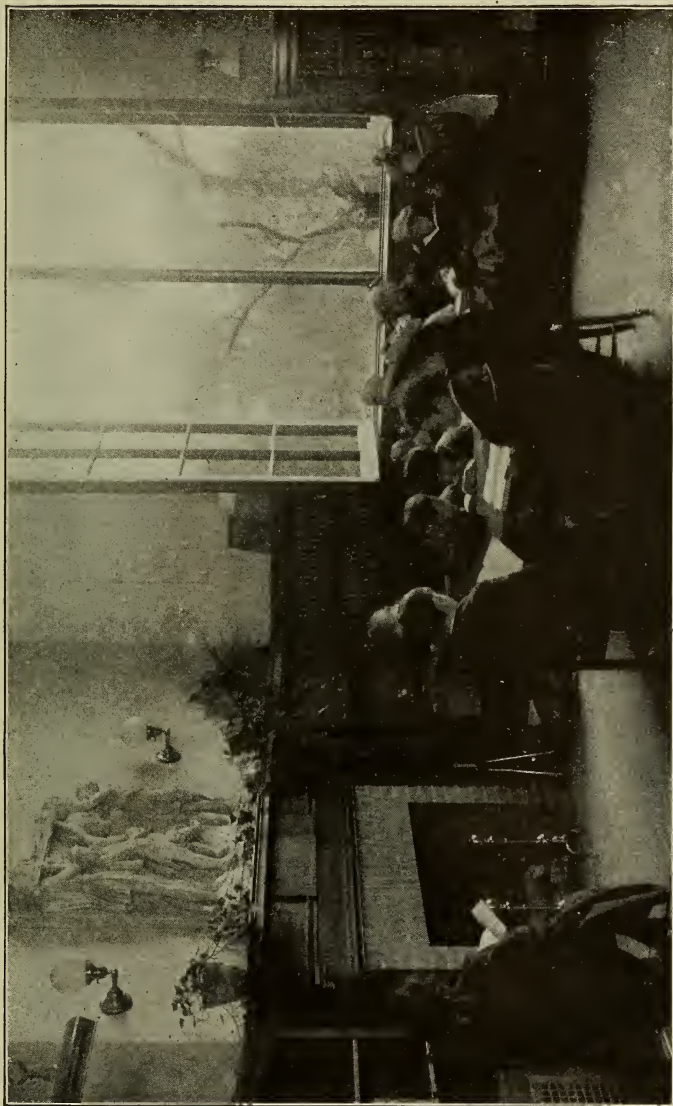
You run down to the library after school because you want very much, indeed, to take out that new book of adventure the boy next door was reading last week. There it is. The librarian stamps your card. The splendid story and its many pictures are yours for two whole weeks. Getting the book was so simple a matter that you did not stop to think of the work of the Government that stands behind the library.

Someone wrote the book, first of all, and because it is such a fine story that it needs protection. Uncle Sam copyrighted it. Every newspaper, book, map, photograph for publication, and piece of music is taken care of in this way by the United States

Government at Washington. The name, the author, and the name of the publisher are sent to the copyright department with the very small sum of one dollar, and two copies of the matter. Then Uncle Sam registers it as his own, and it is safe from being copied. He keeps all this material in a special library at Washington, at a very great cost. He has over a million books. There are many hundred thousand pieces of music, thousands of maps, and engravings, and etchings, too, that he is protecting there.

Some of the books are not bound; they are in sheet form. For these the government has steel lined cases and, in addition, a staff of people to keep the papers in repair. These library assistants press the creases out of the paper sheets, patch holes or tears in them, trace the text over if the ink grows dull, and keep great catalogues of them all.

You received your library book very quickly, did you not? Uncle Sam helped to arrange the library card system; that is the reason why you did not have to wait for your book. Before the Government helped with card cataloguing it cost about thirty cents to put a book in a card filing system. Now there are scores of catalogue clerks at Washington who make your library cards, with the name of the book, the author, and the shelf



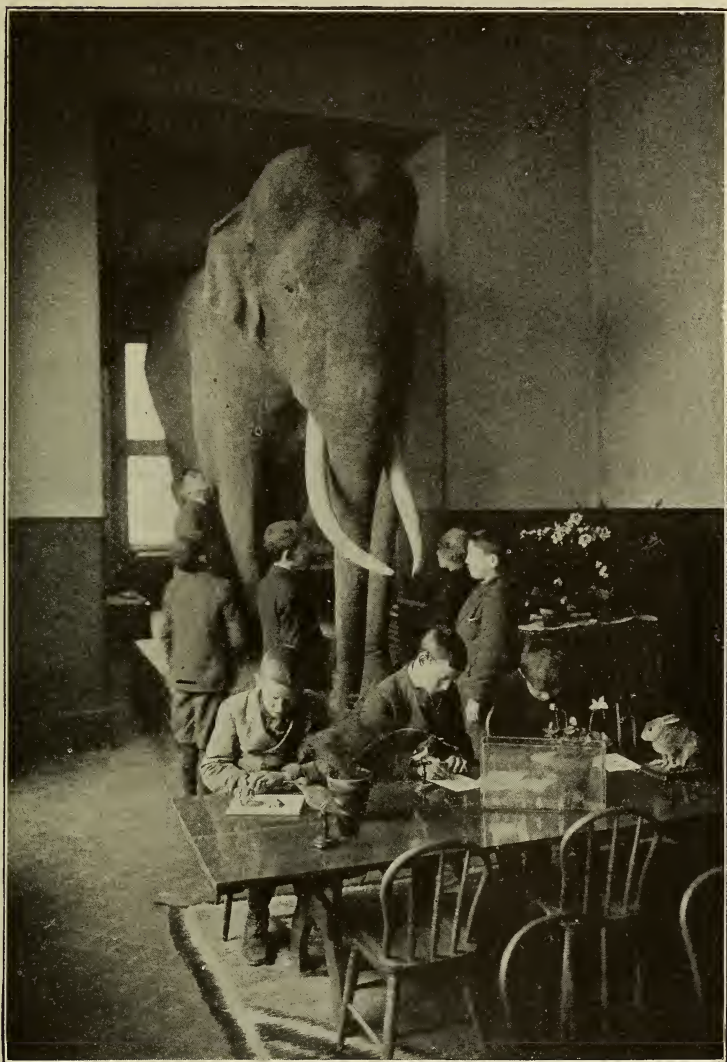
Courtesy, New York Public Library

BOYS AND GIRLS MAY HAVE A GOOD TIME AND LEARN A GREAT DEAL IN PUBLIC LIBRARIES

number on them at the small cost of about half a cent a card. In addition to these the Government has other helpers, called bibliographers, who read all the new books and make lists of those published on a certain subject. There are other Government librarians who plan the simplest possible arrangement of books on shelves so that there will be little delay in getting them. Some of our state librarians box books in sets and send them out as traveling libraries to farms or small settlements that lie far away from a public library.

All this work is hidden between the covers of your library book. What is your work for Uncle Sam in connection with it? Be just as careful as you can of every book that the library lets you borrow. Keep it clean. Do not fold over the pages or mark them. And be sure to return the book to the library when your card says that it is due.

Uncle Sam believes in making collections of objects that help us to remember history, and the wonders of the world. He searches all over the earth for such objects and he has so many that they overflowed his own special museum at Washington. So Uncle Sam built a new museum at Washington that will hold everything new which he collects for the next fifty years.



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LEARN ALL YOU CAN IN THE PUBLIC MUSEUM

The worth-while inventions that the Government has patented are kept and shown in model form at Washington. You may see models of the first American steam engine, the first steamboat, the first telephone, the first automobile, and the first aëroplane there. One sees other interesting collections, too, models of new ships from the Navy Department, fish, fishing nets, and hatcheries that the Fish Commission has prepared, and wax soldiers made by the War Department and dressed in all styles of uniforms.

Your town museum of natural history is filled with similar objects. It may have a room showing how other peoples live, or one where you may look at birds. There is a collection of grains, of wool, cotton, and linen, and an old spinning wheel that a Pilgrim mother long ago used. The museum has a suit of armor worn by a knight in the days your story books tell about, and the guns that saved your land in the time of the Revolution.

Every boy and girl can help with these collections of interesting objects. Learn all that you can about them. You would not think of marring anything in your museum, or scratching the walls or furnishings, or tracking in dirt. Uncle Sam needs you to help keep order and neatness wherever such gifts are shown to the public.

There would be very little space for America to play, if it were not for the Government. A good deal of the land is controlled by real estate companies who sell it to whoever can afford to buy enough for a store, or a factory site, or a home. But Uncle Sam puts his hands deep down in his pockets and takes out a good many millions of dollars. This he spends for land and trees, and for planting grass and shrubs and more trees, for laying out artificial lakes and swimming pools, and housing deer and bears and wild birds comfortably in Zoos. The Government's National parks are among our great public land works. There are almost one hundred and seventy-five national forests. Camps of rangers live in them from May until October and guard them from fire, from over grazing by cattle, and from men cutting down trees. In these forests the deer and the wild fowl are safe, and the native woods are preserved.

It costs more money than we can count to take care of the public lands, including the national forests and the parks. As most of this expense is included in upkeep, boys and girls can help the Government by not scattering litter in the town parks, not destroying grass, shrubs, or the bark of trees, and by telling other children how valuable these public lands are, and watching for forest fires.

Every day in school many boys and girls receive gifts that would cost a great deal if they were obliged to buy them. In the days of our grandmothers and grandfathers it was necessary to go to the village store to buy slates, readers, spelling books, copy books, and pens. Now there are great supply rooms in connection with many public school systems, especially in the larger cities, that are filled with a store of the things that make school so pleasant a place. There are pads of all kinds and sizes, story books, pencils of lead and in colors, paints, wood for making toys and tools with which to make them, cooking utensils, and even foods to use in learning how to cook.

Many public schools have blocks, dolls, games, balls, and picture books for the kindergarten children. Some schools supply materials for learning such trades as printing, dressmaking, millinery, carpentry, farming, tinsmithing, plumbing, electricity, telegraphy, and even banking to the older boys and girls.

The town has to buy these materials. In some large cities it is necessary to have motor trucks in which to haul school supplies, and fire engines to keep them safe.

If you and the other children will take care of these gifts you will save the Government a great deal of expense.

QUESTIONS AND SOMETHING TO DO

1. Where can you learn something and have a good time in your town free?
2. Has your town any or all of these: a public park, a zoo, a public library, a museum of natural history?
3. If you want a certain book of stories, how can you find it by means of the library catalogue without asking the librarian to get it for you?
4. What does it say on your library card?
5. Name as many interesting objects as you can that you have seen in a museum.
6. What posted notices have you read in a museum?
7. What materials does the public school give you to use, free, in one day?
8. How can you save public school money in the way you use each of these materials?
9. Try to do something to keep your school materials in good condition; cover some of the books, put new labels on the collections, clean and put in order the material closets, or sharpen the pencils carefully.

CHAPTER XII

USING MONEY IN THE BEST WAY

Watching Uncle Sam make the money that we use in the United States is like living inside a story from the Arabian Nights.

It starts in the deep cavern of some dark mine where miners, wearing lamps in their caps, and working long hours with picks and shovels dig up the precious gold and silver that make our coins.

The ore is then sent to the United States mint which is nearest the part of the country where it was mined. The mints are at Philadelphia, New Orleans, San Francisco, Denver, and Carson City. The mints at Philadelphia, San Francisco, and Denver really coin money. The others prepare the gold and silver for coinage.

Every boy and girl has read and been thrilled at some time by the old fairy tale of Rumpelstiltskin. He was an ugly little dwarf who kept a beautiful princess imprisoned in a room full of straw and chaff until she was able to separate the straw from the chaff and spin it into gold. Something like this fairy tale happens in the mints, although there is no dwarf as the task master.

The first step in making a five dollar gold piece or a silver dollar is to purify the bullion, as the metal is called. It has lead and other foreign substances mixed with it as it comes from the mines, which must be melted out.

After this the gold is hardened by being mixed with other ores. Pure gold would scratch and bend so that a coin made of it would soon wear out. So Uncle Sam combines one-ninth of the gold's weight with silver and copper, and then it is shaped into huge bars, ready to go to one of the United States mints where coins are made.

There are great metal rollers in these mints between which the melted bars of gold are run until they are pressed flat to the proper thickness for making a coin. This rolling process hardens the gold so that it must be heated again to bring it to the proper point for smoothing and cutting.

The little gold coins are cut next in something the same way that your mother cuts out biscuits for supper. A round cutter is forced down on the rolled-out sheets of gold, and cuts them out. The gold that is left is heated and rolled out all over again, and the coins are weighed very carefully. Every bit of Uncle Sam's money must be of a certain standard weight, without the least variation.

The last step in making a piece of money is to stamp it with one of the beautiful designs that we know so well, an eagle, a dove, or a figure of liberty. This is done by means of heavy dies, between which the coins are placed and which stamp them on the upper and under sides at the same time.

So Uncle Sam, the wizard, spins our gold and silver.

But gold and silver pieces are very heavy to carry about, and so the Government keeps most of them in the United States Treasury and in the banks. To take their places for our everyday use, he makes bank notes, each one of which is his promise to pay the amount of gold or silver money represented by the face of the bill if we ask for it.

Making paper money is almost as great a task as coining metals. The paper itself is a special kind, made by the Government with very expensive machinery, and having silk threads run through it so that it will not tear. You can see these threads if you look sharply at a fresh one dollar bill. The design to be used on a bill is engraved on a metal plate, one person engraving the picture of Lincoln, or whatever portrait is used, and another person the lettering. There are two sets of these plates, one that is saved, and the



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BUYING UNCLE SAM'S THRIFT STAMPS TO SAVE MONEY

other which is inked by the printer and from which the bills are printed. The printed bills are compared very carefully with the original plates to see that they are all alike. They are then trimmed neatly, tied into bundles, and sent to the United States Treasury for circulation.

A long time ago the Indians used shells for money. In certain out of the way corners of the earth to-day there are still savage tribes. Traders find it easier to buy goods from these people with jack-knives, bright ribbons, and beads, than with money. The English lad feels rich with a shilling piece for a weekly allowance, and the French lassie with a franc, both of which are silver coins different from our quarter of a dollar, but which are near it in value. So we come to see that Uncle Sam's money is not of itself so important, but gets its value from the way in which we use it.

Our Uncle Sam wants all the boys and girls of America to think, to-day, how they can do the most with their allowance, or the money they earn selling papers or doing errands? In time of war the United States Government asks the children to open their home savings banks and start their pennies and nickels moving. A penny shut up in a tin bank is hoarded, not saved. Money needs to move in order to work. How can you keep money moving in the right way?

Your father earns a salary, or perhaps he has a farm, or a factory, or a store that pays him a certain amount of money every year. He does not keep this money in gold and silver and bills, but divides it and exchanges it for certain values that make your home, and help your town. He pays rent or taxes for your house. He buys food and clothes for you and your mother. He may pay a certain amount of money in taxes that help support the schools, the fire, police, and street departments. In this way your father changes his money for something else that is quite as valuable. He buys a shelter, food for supporting life, education, and safety.

Boys and girls may use money in a similar way. Buying firecrackers means burning up money with no return except a noise. The same amount of money spent for vegetable seeds may mean more money in your pocket. It will surely mean a saving in the grocer's bills. Uncle Sam tells us that a loaf of bread, a book, a lead pencil, a shovel, or a plow represents wealth. With them you are ready to do something to earn more money than you spent in buying them. That is the test he wants you to make of every cent that you spend.

It is important to save, but this is a very different matter from hoarding.

The extra money that your father has after he has paid the family's living expenses he perhaps puts in the bank. The bank pays him a certain number of cents on each dollar for the use of this money. Boys and girls should have bank accounts just as soon as they can, and there are times when Uncle Sam asks to borrow money of his people for the use of which he pays. These are important uses of money, for it helps it to change hands, and be useful in many ways. And it is still your money and increasing a little in amount all the time.

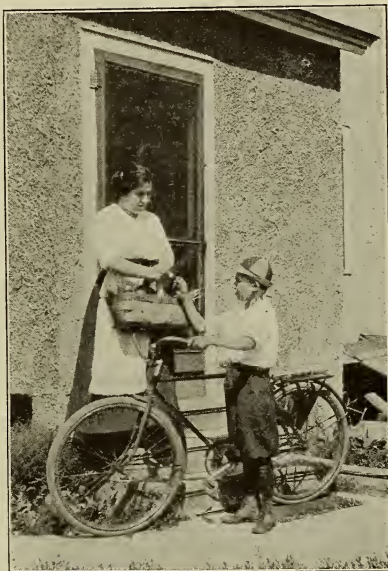
Our friends in Europe have had a fashion of laughing at us in the past, because we were extravagant. They said that we ate too much, and bought too many useless things, and were not economical in spending our money. It was all quite true, but we are changing that now. We are learning how to spend and save wisely.

We ought to say to ourselves before we buy anything:

“Do I need this? What is it going to do that will be good for me or my family? Where can I buy it more cheaply? Even if it does cost a good deal, will its use to me be of more value than the money?”

It is nearly always cheaper to buy sugar and make candy than to buy it. When you buy a

pound of chocolate drops you pay not only for the sugar and the chocolate, but you are helping to pay the wages of the candy maker, the packer, the rent of the candy shop, and the wages of the clerk who sells it to you. On the other hand it may be economy for you to buy an expensive bicycle. It will wear longer than a cheap one, and it will help you to do errands, get a book from the library quickly, get to school on time, and improve your health by being out of doors a good deal.



Courtesy, Superintendent of Schools, Cook County, Ill.

SAVING THE WAGES OF THE
DELIVERY BOY

An expensive pair of rubbers or overshoes is cheaper than a pair that costs less because it will wear longer and keep your feet dry. If your fence needs painting, it is cheaper to buy a can of the best paint and paint it at once. If you leave it unpainted, the wood may decay and the whole fence give out. These are cases where

spending more money in the beginning means spending less in the end. And there are so many ways of saving that you can make up the extra expense in other purchases.

Scout your town for a "cash and carry" butcher's or grocer's shop. Meat and groceries are usually just as good in such a shop, and cheaper because the shopkeeper does not have to pay boys to deliver, or keep a delivery wagon. Doing mother's errands will save money, for you take the place of the delivery boy. There are many ways of saving at home. Buy birthday and Christmas presents that can be used. Don't waste coal, gas, ice, or electric lights. Be as careful as possible of your clothing and of the furniture. If you can, have a garden with vegetables in it. Keep the gates, walks, and fences in repair as far as you can. Do everything in your power to help your father with his work, as that will give him a chance to earn more money.

Look about your town, too, and find what made the wealth of its rich people. Have they used the water power for shipping, or for running mills? Have they raised certain crops that can be best raised on that land? Have they found the town a good place in which to open stores, or to build dwelling houses and rent them? There is always a reason for the beginning of wealth; some boy

or man saw a chance to do a certain kind of work, and he did it better than any of his neighbors.

That is your chance. Look for it, and find out what opportunities for work there are for you in your town. Money will be your reward, and when it comes to you, don't hoard it, but keep it moving. That is the way to build a richer American nation.

QUESTIONS AND SOMETHING TO DO

1. Name the different coins and bank-notes made by the United States Government.

2. Can you describe the designs and the lettering on the following: a penny, a nickel, a dime, a quarter of a dollar, a half dollar, a silver dollar, a one dollar bill?

3. What kinds of work do people do to earn money in your town?

4. Name as many places as you can where money is spent in the town. Which of these are good, and which poor places for leaving money?

5. How can you save money in your home in connection with food, your clothes, the furniture, the lights, the fire, ice, Christmas presents, candy?

6. What can you do in your yard with your tool box, or gardening tools, to save money?

7. A piano is a luxury unless one is going to take music lessons and learn to be a good musician. Name some other luxuries and tell when it would be wise to buy them.

8. How can you save school tax money in your use of paper, books, desks, the treatment of the walls, the play-

ground and gymnasium apparatus, the water, and the trees and shrubs in the school grounds?

9. Have you ever earned any money? What do you think you can do to earn money when you finish school?

10. What is a bank account? Why is it a good plan to put money in the bank?

11. Here are some games to play with a box of toy money:

Count out enough money to run your house for a week. Divide it so as to pay the grocer, the milkman, the butcher, the baker, the gas man, and the rent, and see how much you can save out of it.

Ask a number of the boys and girls to come to you for money—as the news dealer, a tax collector, a beggar, an agent who sells pianos for a weekly sum, a man who will take your coal order in July, and any others of whom you can think. To which of these should you give money?

Have a store game by writing on slips of paper the names and prices of many things to be bought; shoes, chewing gum, a tooth brush, a pair of roller skates, candy, books, different kinds of foods, shoes, toys, and tools. Buy one of these, and ask your teacher to decide which child has won the game by spending his or her money for the greatest value.

CHAPTER XIII

WHEN HE BLOWS THE POSTMAN'S WHISTLE

Over two hundred years ago a boy in old New York wanted to send a valentine to a little Colonial maid he knew in Boston. It was not like our valentines of to-day. He wrote her a letter on a large sheet of ruled paper with a quill pen and sifted sand over it to take the place of a blotter. Then he folded the paper neatly, and addressed it on one side and sealed it with red sealing wax in the shape of a heart on the other side.

A man on horseback took the valentine part of the way to Boston, with other very important letters that he carried in a bag hung from his saddle. A stagecoach took the mail the rest of the way, but the roads were poor, and this old time mail carrier had to avoid Indians on the way.

It took a month for the valentine to reach Boston. It was almost Easter when the little Colonial girl broke its seal.

Listen, there goes our postman's whistle! Wearing his United States Government uniform and carrying a great leather pouch the postman hurries

up to your door and rings the bell. He gives you a whole handful of stamped envelopes that look as if they held valentines. One of them is post-marked Boston, and the mark tells you also that it was posted last night. It has come to you, in New York, in one night. If you lived in Chicago it would take only two days.

How was this magic worked? It was your Uncle Sam who did it. When he blows the postman's whistle he has a story to tell you of the wonderful adventures that every letter, and parcel, and magazine, and newspaper has to-day in the United States mail.

He has a great many people at Washington working on every postage stamp before it is ready for you to stick it on your letter. Artists draw the pictures for the stamps, very large, and photographers make them small enough to fit on a stamp. The lettering is very carefully drawn, too, and then engravers cut the design and letters on steel plates from which the stamps are printed. Several people are needed to run a stamp printing press, to ink it, clean it, put in and take out the paper, and count the number of sheets that are run through.

Then the stamps have to be gummed, and one very odd thing about this part of stamp making is that the Government has to mix different kinds

of gum for different seasons. The stamps are dried after gumming, looked over for spots or cracks, and the sheets are punched so that they will tear apart easily. Not long ago Uncle Sam decided to make books of stamps bound in cardboard, and having oiled paper between the stamps so that they would not stick together. This means a great deal more work and the books sell for only a cent or two more than the same number of loose stamps.

Your stamp is your letter's traveling ticket. Stick it on well, and drop the letter in the nearest post-box. Now its adventures begin.

If you live in the country, the rural free delivery postman comes along in his blue cart, takes your letter to the post office where it is stamped with the name of the town, the time of leaving, and the date, and is sent to the mail train. The city letters have a more exciting start than this. New York, Philadelphia, and some other great cities shoot their mail through underground tubes, miles long, from the post offices to the railroad stations and wharves.

Uncle Sam's mail trains are the fastest in the world and in time of any railroad trouble are always given the right of way. The mail cars are like small post offices, lined with letter racks, and piled deep with mail pouches. The mail clerk

is one of the Government's most trusted men. He may have to guard millions of dollars from train robbers in the unsettled parts of the country. He must always be expert in geography, and able to work every minute of his time when on duty, day or night.

This mail clerk knows every post office on his route. He knows where every letter must go, when to start it on some other road at a junction, and the exact time-table of all connecting roads. Often a pile of fresh sacks of mail is thrown into his car before he has finished sorting those he took on at the first post office. This doubles his work before he reaches the next station, and it has to be done quickly and without a mistake. Uncle Sam has rigged up an iron arm that the mail clerk can swing out of the car to grasp mail sacks without the express train lessening its fifty miles an hour speed. Every minute counts when your letter is on its way.

The mail reaches the place, next, to which it was addressed. It may be a great stone post office in a city, or the back room of a little country store. In either of these your letter has the same attention. It is delivered just as quickly as it possibly can be.

Our Government is making its postage stamps do many other things than carrying letters. The



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WHEN THE ADVENTURES OF YOUR LETTER BEGIN

magazine that you look forward to receiving every month comes to you for much less postage than a letter of the same bulk would. This is because Uncle Sam wants to educate his people, and he believes that a good magazine or newspaper has something to teach the family that takes it. Money and valuable papers can be sent through the mail safely. A money order will be issued for which you pay at your post office, and the amount is paid to the person you send it to at his or her post office. A letter can have a registry stamp put on it; if it is lost and Uncle Sam cannot trace it, he will pay you its value out of his own pocket, up to a certain amount.

A dozen eggs, and a hen to lay some more, a box of books for your school library, a pair of new shoes, and almost anything small that the country needs to send the city, or the city to send the country can be sent by parcel post. Uncle Sam will insure these packages against loss.

What can you do to help with this huge mail system of the United States?

The Government has to spend quite a good deal of money every year repairing and painting letter boxes. Some boys seem to think that it is fun to mar the lettering and scratch the paint on the town letter boxes. Watch for these boys and tell them that a mail box is Uncle Sam's

property and ought to be respected. The expense of cleaning and repairing post offices all through the country is enormous. Every boy and girl who is careful not to spill ink or mar woodwork, or drop mucilage, or scatter papers in the town post office is doing something helpful for the Government.

Uncle Sam employs an army of special mail clerks who are known as blind readers. As a matter of fact these clerks have the sharpest eyes of any in the entire postal service, because they have to read misspelled and poorly written addresses. They have to try to decipher the address on a letter that no regular mail clerk could possibly read, so that it may reach its destination. If you write the name of a city and forget the state, a blind clerk must know in what state that city is.

Your greatest help to Uncle Sam, postman, is to learn to write a good, plain hand, and address your letters and packages so carefully that no blind clerks will be needed.

Post office business has to be learned just like any other business. It will make the work of the postman and the postmaster easier if boys and girls learn as much as they can about the Government's postal regulations. Ask your mother or your teacher to show you some of the important

blanks in your post office. Read them, and learn how to fill them out. There is a money order blank, and a registration blank, a card on which to put your new address for forwarding mail when you move, a tag for an insured parcel post package, and there is printed information about parcel post zones and the amount of postage to put on letters going to foreign countries.

One more help. Don't keep the postman waiting when he whistles at your door. Remember that his uniform is one of Uncle Sam's many disguises, and he is too busy a person to be delayed.

QUESTIONS AND SOMETHING TO DO

1. How is a letter delivered at your house?
2. What happens to the letter that you drop in your mail box before it is put on board the nearest mail train?
3. How would you send money; a package through the mail?
4. What notices have you seen in your post office about the hours of closing mails, postal savings, legal holidays, lost letters, first and second class postage rates, or anything else?
5. If you move to another address or go away for a vacation, how can you have your letters forwarded?
6. Describe the work of a mail clerk.
7. How does your town connect by railway or water routes quickly with other large towns?
8. What other means of quick communication have you: telephone, telegraph, wireless, cable, newspapers?

CHAPTER XIV

TAKING CARE OF HIS FLAG

Uncle Sam is proud indeed of his American flag. It is a very old flag and represents a great deal of thought in its design and coloring.

On the fourteenth day of June, in the year 1777, the Continental Congress passed this resolution: "Resolved, that the flag of the thirteen United States be thirteen stripes alternate red and white; that the Union be thirteen stars, white in a blue field, representing a new constellation."

Then there came a question as to what kind of a star should represent the Union.

It is said that neither President Washington nor the Congress could decide this, but thought that a six-pointed star would be best, being easy to cut out. But there was a clever young seamstress, Betsy Ross, who made flags in her shop in Philadelphia. A committee from the Congress went to Mrs. Ross with their flag design and she showed them that her woman fingers were more deft than theirs. She folded a piece of white paper and with one clip of her scissors cut it into the shape of a five-pointed star.

Ever since then, although the number of stars

in our flag has been increased to keep pace with the growing number of states in the United States,



the design has been the same. It has floated over battlefields, and from battleships. It has been carried by old veterans and Boy Scouts. It flies from the schoolhouse, all public buildings, and from every house in our land, almost, during war time.

Uncle Sam wants each boy and each girl in the United States to have as large and as beau-

tiful an American flag as possible, but he wants it taken care of. The way in which a flag is hung or carried is not a matter that can be regulated by law; it is a matter of good taste and sentiment. But the United States Government has adopted certain customs in relation to the use of the American flag that boys and girls ought to

know and practice. This will make the flag seem more to be really yours than if you were careless with it; and your example will help all your boy and girl friends to honor our colors.

Certain regulations are observed in the United States Army and Navy whenever the flag is being raised or carried on parade, or when it is used in a review of soldiers and sailors. All those persons who have positions in military or naval service rise and salute at such times, and men are expected to raise their hats. A boy should, at least, do the latter when the flag is carried by, and observe the other respectful customs of the presentations of the flag. Those who are walking should halt when the flag appears, and those who are seated ought to rise and stand quietly until the flag passes them.

A great many of the flags that are being displayed on homes are not hung as they should be according to the usages of the Government. The Army and Navy never drape a flag in the center, or hang it where it may touch the ground, or so that any one has to lean against or sit on it. The flag is allowed to fly freely from a staff or pole so that the stripes are not folded or the stars hidden in any way. This is the best way to hang your home flag. It should not be fastened to a window or a scaffolding. The boy who has

studied carpentry in school can make a straight staff to which the flag can be fastened, and a metal attachment for holding the staff at an appropriate angle to the window sill can be bought for a small sum at a hardware store.

Your upper story window is the best place to fly your flag because it should float above the heads of passers-by, and if you trim the front of your house or school with red, white and blue bunting and wish to fly a flag, too, the flag must be above the decoration. This unwritten law about keeping the American flag on top, always, is very important to remember when we are using and honoring flags of other countries. We see English, French, and Italian flags of all sizes displayed with the Stars and Stripes. Boys and girls put them in rows on their bicycles and festoon windows with them. They are draped on the front of automobiles and are hung with the American flag from the fronts of houses.

We want to fly the flags of our friends across the ocean, but in doing this, the American flag should always be above the others, no matter how slight the difference in height is. You can help Uncle Sam by telling your friends and neighbors this.

When your home flag or the flag on the school is hung, you and all the other children all over



Brown Bros., N. Y.

TAKING CARE OF HIS FLAG

the land are very apt to think that it is up to stay. You feel that your cares in connection with it are over, but they have really just begun. Perhaps there is a thunder storm, or a gale of wind some night. You wake up to see the white stars soiled, or the stripes torn in ribbons. The United States Government takes excellent care of its flags, keeping their beauty fresh and undimmed. This will be very useful work for boys and girls who want to do something to help their country.

The flag should not be displayed before sunrise, and should not be left out after sunset. Taking in and flying the flag should always be done by hand, as this is more respectful. At all the United States naval stations, at military posts, and on board war vessels, the flags are raised and lowered at uniform times. The children of a certain neighborhood might meet and decide upon the time when they will put up their flags or take them in for the night. Doing this all at once and together will be a fine kind of service and will show Uncle Sam how much his children think of him.

The National flag flies officially night and day continuously over only three buildings in America—over the east and west fronts of the National Capitol and over the adjacent House of Representatives and Senate Office Buildings.

It sometimes happens that the Stars and Stripes

must be hung at half-mast as a sign of mourning. The flag should first be raised to the top of the pole and then lowered to position. Its place is a distance the width of the flag from the top of the pole. In taking down the colors at half-mast, first raise the flag to the top and then lower it.

You may see American flags that look strange to you because of their different arrangement of stars. This is due to a custom that has arisen in the Army and Navy. There is no rule about it but in the large flags used in the Army, the stars are ordinarily arranged in the form of one large star. In the Navy the stars are placed in long straight lines.

There is rather a strange American flag that is apt to puzzle boys and girls who live inland. It has sixteen stripes, eight red and eight white running up and down. There is a white field in the corner with the national arms in blue on it. This is the United States revenue flag, and is displayed on customs houses and on revenue cutters.

The best flag in the world for us is the Stars and Stripes, so old, that our great, great, great grandfathers loved it, too, and so spangled with its stars that they crowd each other. It deserves all honor, and as much care and respect as every child in our United States can give it. This is

what Uncle Sam wants you to learn to say about our colors:

“I pledge allegiance to the American flag and to the Republic for which it stands;
One nation indivisible, with liberty, and justice for all.”

QUESTIONS AND SOMETHING TO DO

1. Tell how our first flag, adopted by the Continental Congress, looked.
2. Why did it have stripes, and why stars?
3. How does our present flag differ from this first one, and how is it like it?
4. How can you honor the flag when it passes you in parade?
5. How are you going to hang the Stars and Stripes on your house?
6. Repeat the pledge of allegiance.
7. Draw or paint the Stars and Stripes.

CHAPTER XV

LIFE SAVING

There is a man in a blue uniform with silver buttons and wearing a big badge who stands all day on the street corner across from the school-house. It is a congested part of the city. Great motor trucks, express vans, automobiles, and cabs crowd the street. There is danger of being run over in crossing the street, but every noon and every afternoon as the boys and girls march out of school, this man, the traffic policeman, clears the streets for them.

He raises one hand in its white glove and not a vehicle may pass until he signals. Sometimes he stoops down to lead one of the kindergarten children, who is too small to keep up with the others, across in safety. The policeman is one of your best friends in the city. He does not use the big club that hangs from his side nearly so often as he uses his white gloved hand to help us.

Some children think that a policeman's main business is to arrest some one, but he only sends a lawbreaker to court when he is obliged to. His daily work is life saving. Uncle Sam's army of soldiers is likely to be moved about the country



"THE POLICEMAN IS ONE OF YOUR BEST FRIENDS"

a good deal. It may be called to a foreign country, to protect Americans at long range. But the policeman is your town soldier, always at home, and ready to protect the American at his own doorstep.

The policeman is selected for strength and honesty. He stops runaway horses, he watches houses and shops at night to keep away burglars; he guards the street that is closed for play, he takes lost children home, he tells strangers how to find their way about a city. He knows where the fire alarm boxes, the employment bureaus, the library, the night schools, the hospitals, and the Board

of Health offices are. He must know every street in the city. Sometimes his beat, which is the district a policeman patrols, may include a thousand people that he keeps safe. If there is an accident the policeman calls an ambulance. If there is a big parade, he must help keep order on the sidewalk. Certain policemen must be able to ride a horse or a motor cycle in order to carry on this life saving more quickly.

There are other soldiers of the city, too, whose everyday work is that of keeping the lives of boys and girls and everyone else safe. Down the street dashes the fire engine, the firemen in their red



"DOWN THE STREET DASHES THE FIRE ENGINE"

shirts clinging to it. They may be riding to their death, but they never think of that. Their business is to get the ladders up and the hose playing on the blazing house, and to go up into the flames to bring out a child who was trapped inside.

Main Street in your town has been torn up lately, and you stopped to look down into the deep ditch the workmen have dug as you go down town. The men look very small, for they are working so far below the surface. All about them is a network of pipes, and tubes, and supporting beams. There is one man, a superintendent from the street department, who directs these men. A new water system is being laid out. Pure water for home and school is being piped to the city from a reservoir miles away.

The superintendent is watching the work very carefully. A sewerage system, and pipes for gas, and electric wires for the telephone, telegraph, and electric light companies are all under the street where the work is being done. If one of these pipes should be broken or a wire cut there would be danger to the city. When the work is finished, the street department has the street paving—*asphalt*, wooden blocks, paving stones, or *macadam*—replaced so that the roadway will be safe again. Then the street cleaner, dressed in white and wheeling his little cart, goes up and down the

street again. He collects rubbish that would cause disease if it were not carted away.

At the end of some towns, where there is plenty of fresh air and space, stands the great quarantine station. A child or a grown person who is too ill with scarlet fever, or measles, or diphtheria to be cared for at home may be cured in this hospital. Nurses and doctors in white who are brave enough to face the danger of these diseases work over sick children there day and night. They, and the school nurse who watches the health of boys and girls, are other soldiers who keep the lives of Uncle Sam's children safe.

They will be very glad to have your help and so will Uncle Sam, for there is no more important service than the protection of human life.

Boys and girls can do a great deal to make the work of the policeman lighter. If you cross streets carefully, and keep out of crowds, and do not push when there is a parade, and help little children and old people in the street, and avoid fights, you will be a great help to the police department of your town. Find out all that you can about the location of important buildings, where the different car lines run, and the names and the directions of the streets. In this way you can be junior policemen, and direct strangers.

The fire department needs the help of every

boy and girl in the town. This help begins at home. You should be very sure that a lighted match has gone out before you throw it away, that no gas is escaping anywhere in the house, that you have not left a bonfire smouldering, and that the fire in the open fireplace does not glow when you leave it for the night. Do not light a fire in a stove with kerosene, and put all hot ashes or oily rags in a metal can. Never build a bonfire near a wooden fence or a frame building. Learn the number of your fire alarm and how to send it in. Remember just where some large pails are and the nearest water taps to use, in case of a fire at home, before the firemen come.

The first thing that a boy or girl ought to do at an entertainment or a motion picture show in a public hall is to look around and see where the big red signs that mark the exits are. In case of fire walk, not run, to the exit nearest your seat. Many schools have such exits, and all children can learn to go through a fire drill as if they were real firemen, taking their way through smoke and flames.

The street department needs you, too. It needs your work in keeping your sidewalk clean, and your garbage can clean and covered. Do not scatter rubbish, or tamper with the street water hydrants. The fire hose is attached to these hydrants.



Photo by Social Press Ass'n, N. Y.

A DANGEROUS PLACE FOR YOUR BONFIRE

The street department and the fire department work together in fighting a fire. Stopping the water flow would endanger lives.

In some of our larger cities where there is a great deal of traffic the street cleaning department works at night. When you are asleep, men with huge street brushes made of reed and mounted on a two-wheeled frame drawn by horses, go up and down. When the street is thoroughly brushed, other cleaners follow, and wash the roads with the fire hose. In the morning the street is white and ready for the town's breakfast to be brought in by the bakers, the milkmen, and the fruit carts.

Why not brush and wash your sidewalk to make it as clean as the street in the morning?

The school nurse will tell you that a great deal of illness among boys and girls might be prevented if they did not use common drinking cups. A child who is developing measles drinks in the school basement and then offers her cup to another child. The second child, in using the cup, may take the measles. Paper cups are very cheap now, and it will be a good plan to keep a supply in your desk at school. In many schools and public buildings there are drinking fountains, but even these need to be used carefully. Do not touch the metal with your lips, and try not to waste the water.

Perhaps you never thought how everyday things to do, such as these, help Uncle Sam. They protect the lives of his citizens and make America the safe, clean country that he wants it to be.

QUESTIONS AND SOMETHING TO DO

1. What people in uniform work for your town?
2. What does your police force do to save life; the firemen; the street department, the Board of Health, the public school nurse?
3. Describe the special uniform worn by these workers.
4. What can one boy or one girl do to help a policeman, a street cleaner, or a school nurse?

5. If a fire broke out in your house, or at an entertainment, what would you do first?

6. Where is your nearest fire alarm box? How is the alarm sent in?

7. Have you seen any dangers to public safety in your neighborhood or home that you can remedy; uncovered garbage, inflammable rubbish, exposed gasoline or oily rags, or insufficient water supply?

8. Indicate on a map of your town any danger spots that the town government is protecting. You might use blue dots for police protection, red dots for fire protection, and white for safeguards to public health, such as the Board of Health office, milk stations, if any, hospitals, and the schools that a nurse visits.

CHAPTER XVI

KEEPING YOUR TOWN BEAUTIFUL

When your cousin from another state comes to visit you this spring the first thing you will do will be to take him for a Saturday afternoon walk in the park. The grass is green and there is a large field set apart for playing ball. The fountain plays into a basin where there are darting gold fish, and at one end of the park is a zoo with caged bears, and lions, and a deer preserve. Everywhere in the park are stately old trees, and beds of bright flowers. On the way home from the park you will take your cousin across the new stone railroad bridge and show him the town hall with its gilded weather vane.

“What a beautiful place to live in!” your cousin exclaims when you reach home.

But your town was not always so sightly as it is now. Many years ago it began to be a town in a very plain, useful kind of way. Its first building was a farmhouse, or a sawmill, or a gristmill. Then the farmer or the miller had so much work to do that he was obliged to hire some helpers, and these workmen built homes for themselves. They liked to be neighborly and visit each

other, so they built their houses on the same road. That was the beginning of Main Street in your town.

There were children in these houses and they needed clothing, and food, and schooling. A shoemaker, and a tailor, and a grocer came, and started their different shops. Then a school was built, and by that time there were more people and more houses in the growing town. The river brought ship builders and manufacturers. A church was built, and an iron foundry, and a railroad station. The town was busy all day, and wheelwrights, blacksmiths, carpenters, bricklayers, druggists, bakers, dressmakers, and a doctor, a lawyer, and a host of other public helpers arrived and went to work, too.

There were a thousand people where once there had been only one family. The town needed sidewalks that would be alike, and street lamps, and sewers, and a fire department, and some policemen. So all the people met and decided to call your town Hilledale. They asked the state to grant them a charter which would give them a right to elect town officers, and make town laws, and enforce these. When Hilledale grew from a thousand to many thousand inhabitants, it was given a new charter, and became a city.

Everyone in your town who owns land or buildings helps to pay for the comforts that come

with a charter. This money is raised by taxes, and buys fire engines and schoolbooks and street lights and other important things. The town grew quite rich at last, and it was decided to spend some of this tax money to make Hilldale beautiful. That was how the park came, and the bridge, and the new town hall. A wide street, called a boulevard, with a row of trees in the center of it was laid out along the river front. There was a monument to the brave soldiers and sailors put up in the center of the town. The new High School with its wide lawn and stone pillars was built.



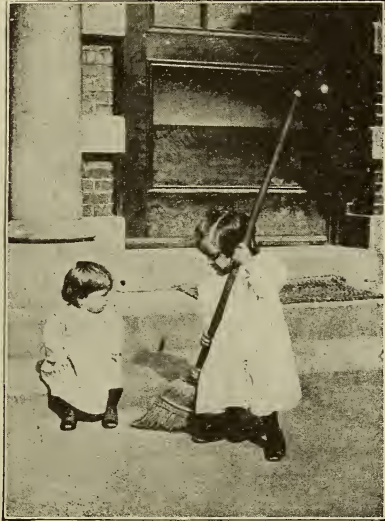
ALL THE FAMILY WORKING TO IMPROVE THE BACK YARD

And the town built a band stand in the square in front of the town hall so that you might have music on holidays.

It is a beautiful place for a boy or girl to live. And there is ever so much that you and the others can do to help in keeping your town beautiful.

Your home is one of the older ones and faces Main Street, setting rather far back from the street. There is a wooden fence in front of it, and when you stood up on the fence not long ago to

watch the soldiers march by, you broke two or three of the pickets. The gate is loose on its hinges, too. There is an alley back of your house through which the tradesmen and the men who collect refuse drive. This alley is littered with tin cans and scattered papers. The trees in the street in front of your house do not seem to be sending out their spring leaves as early as they should, and your front yard is untidy with the



Courtesy, Chicago Commons
DOING HER BIT TO KEEP HER
TOWN BEAUTIFUL

straw that wrapped the rose bushes all winter, and dried leaves that covered the flower beds.

Here is your chance to surprise Uncle Sam, who says that a beautiful town is that one in which every family makes its own home beautiful. Get out your tool box and your paint pot, and mend the pickets in the fence and put new screws into the gate hinge. Paint the fences, too. Go out into your part of the alley and fill an old box with all the scattered rubbish that you find there. The garbage man will take it if you leave it by your back gate, and it is quite likely that the boy next door will clean up his alley way when he sees what you have done.

Rake up the straw and leaves in front of the house and tie these up in papers or an old sack for burning. Perhaps you can put a fresh coat of paint on the window boxes outside of the living room, and get rich earth for them in which nasturtiums or pansies will thrive and blossom all summer. Rake the gravel walk that leads from the gate to the front door, and sweep the sidewalk in front of your house every day.

When you have finished doing this, look carefully at the trunks and the lower branches of the trees that line your sidewalk. It may be that some kind of grub pest is attacking them and eating the leaf buds. You may find small worms

or caterpillars hidden in the bark, which are causing all the trouble. Almost every state has a forestry department in its capital. This department knows all about tree and garden pests, and you can send a caterpillar that was eating your tree to your state forester. He will tell you how to rid the trees of the pests, or he may send a man to look into the matter if the whole town is in danger.

Not many years ago Uncle Sam thought of a new holiday that he would like to celebrate, Arbor Day. He keeps it through his states, as they wish, and according to climate, but wherever Arbor Day is kept it is a day when boys and girls can do something to make their town beautiful. In twelve years, three hundred and fifty million trees were planted, Arbor Day, on bare roadsides, in school yards, parks, and on barren plains by the school children of the United States. Most of these were young saplings when they were first set out in the earth, and they have grown, inch by inch, until they overhang the roads and make shade for travelers, and a resting place for the birds.

Any young American can celebrate Arbor Day at home in the spring, whether it is a state holiday or not. Plant a vine, a bush, a young nut or fruit tree somewhere, and make every day



Courtesy, West Chicago Park Commissioners

AN ARBOR DAY PROCESSION

an Arbor Day by taking care of it all the year.

There is ever so much for boys and girls to do beyond their own yards and sidewalks to keep the beauty of their town. Have a clean-up day at school, and clear away any rubbish from the yard and papers from the halls. Don't write or cut your initials anywhere. White stone, and paint, and fine brick work on public buildings, bridges, or monuments are a public trust and ought to be kept as fresh as when they were paid for by the town.

Bill boards are not at all good looking, but



Courtesy, West Chicago Park Commissioners

PLANTING A TREE

they are a great deal more unsightly if you tear off the paper bills or deface them with pencil marks. There must, of course, be telephone and electric light poles in a town, and these are usually rather ugly to look at. It would be too bad, though, to add to their ugliness by marking or cutting them.

A town that is pleasant to look at, clean, and with trees, and green grass, and fine buildings, ought to be comfortable to live in as well.

One town comfort is quiet. Some towns have a still alarm for fires, and there are signs that ask heavy trucks to pass as softly as they can through

hospital streets. Bells and whistles on factories sound only at certain times, and the noisiest factories are built quite a distance from the dwelling houses.

Oil your roller skates and the bearings of your bicycle, pushmobile, cart, or roller coaster so that they will not rattle or squeak. You can have just as much fun playing a game if you don't shout when you are on a hospital street, or near a house where some one may be ill.

These are all helps in an everyday war on town ugliness and town nuisances that boys and girls can help win.

QUESTIONS AND SOMETHING TO DO

1. Name as many beautiful public buildings in your town as you can.
2. How does the work of each of these buildings make the town a better place to live in?
3. Describe and locate any monuments or public statues in your town.
4. If you have a park, tell all that you can about it.
5. What can you do to improve your home and yard?
6. What can you do to keep the public buildings, monuments, and the park in good condition?
7. Locate on a map of your town its most beautiful spots that public money put there.
8. Model in plasticine a design for a town fountain, a sun dial for a park, or a Greek column.

CHAPTER XVII

BEING BIRD LANDLORDS

Uncle Sam spends just as much time out-of-doors as he does in his different offices, and he loves birds, not only for their beauty and song, but because they are such a help on the farm and in the gardens. It is due in a large measure to the wild birds that we have perfect fruits, and grains, and vegetables. They destroy beetles and lice, and grubs that are farm pests.

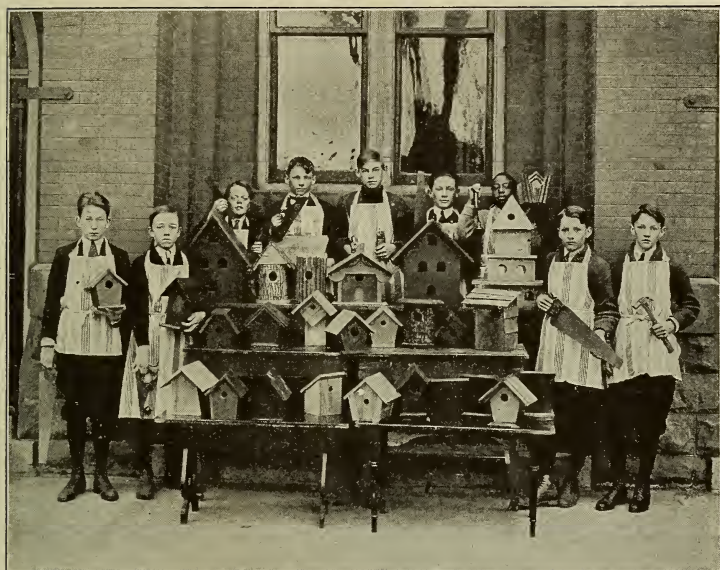
But the birds need a great deal of protection so that they may carry on their work of helping to preserve the country's food supply. The United States Government knows how to build bird houses, how to feed birds, and how to attract them so that they will live close to the fields and gardens and carry on their useful work. Uncle Sam wants all his boys and girls to help him in taking care of the birds that are needed more now than they ever were before.

The Government tells us that birds need food in the winter. In the summer they are very grateful for fresh water for bathing and drinking, and houses in which they can safely rest. You can use an old drain pipe, a pan with stones in it

set in the ground, or a cement-lined hole measuring a foot across for a bird's bath. Bushes that bear berries attract birds. A mud hole will give the swallows, robins, and phœbes material for making the walls of their nests. And bits of soft linen cloth, wool, twine, and feathers will help a dozen different kinds of birds in their nest building.

Uncle Sam says that it is not necessary to build elaborate bird houses. In fact, the wild birds, which are most important to the farmer, are better satisfied with houses that are like their own nests. The woodpecker is one of the busiest and most valuable helps to the United States Government because he protects the trees from being destroyed by grubs. A branch of a tree that contains a real woodpecker hole makes a very good bird house. It should be hollowed out, and fitted to a fruit or shade tree so that it is partly hidden. If it is not possible to find such a branch, a small log can be hollowed and have a hole bored in it to look like the one the woodpecker made. The top of the log should be cut off slanting and have a hinged cover fitted on to keep out the moisture.

Boys and girls who live in the Southern states can make bird houses out of gourds. A hole must be cut in the side for an entrance and a drain hole in the bottom. A piece of wire put



Courtesy, National Ass'n of Audubon Societies

"IT IS NOT NECESSARY TO BUILD ELABORATE BIRD HOUSES"

through the neck of the gourd makes it possible to hang it from a branch, underneath the leaves, or among the vines on a piazza. A number of these gourd bird shelters may be strung on a pole and will attract the martins who like to nest in colonies. Wrens and bluebirds will nest in the ones you hang up singly. Phœbes are very neighborly little birds and like to nest about buildings. You can put up a shelf for them underneath a porch or shed, or under the eaves, on which they

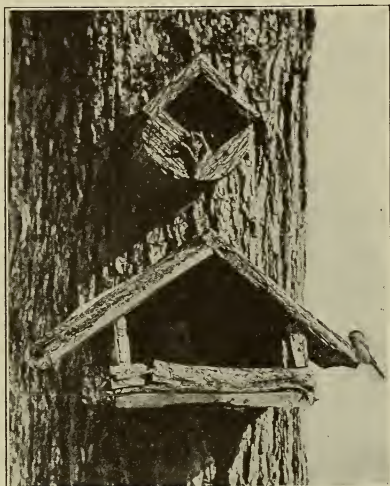
will build their nests. Such a shelf with a roof can be built in the garden.

Uncle Sam has experimented with building many different kinds of bird houses and can tell boys and girls just what to do in order to be satisfactory bird landlords. A house for a bird such as a nuthatch, who digs and bores his shelter, should have an entrance hole that is the same size as the one he would make, himself, in a tree. Wood is a better material to use for a bird house than cement, and the entrance hole should be slanted from the outside to keep out the rain. The nails and screws used in putting the house together should be set in very deeply and the heads covered with putty.

The holes for letting air into the bird house should be drilled over the door, never below, for draughts may kill the young birds. If there is danger of rain getting in through the door, a hole bored in the floor, where the nest will cover it, will give enough drainage.

It is a good plan to paint your bird houses, but choose gray or brown like the bark of the tree, or green to match the leaves. Many bird houses are built with porches in front, but this is a poor plan. It furnishes a place for the English sparrows, the tramps of the bird world, to gather, so it is better to do away with porches.

It is just as important to take care of bird shelters, after they are put up, as it is to build them properly. Wrens will nest in an old tin can hung under the vines for them, but they must have a door carefully cut and the can should be placed in the shade, for the metal holds the heat. If a bird house is exposed to strong winds, fasten it to a support by means of wires from the corners of the roof, and the house should face away from the prevailing winds.



Courtesy, Nat'l Ass'n of Audubon Societies

A BIRD BOARDING HOUSE

This is a good winter tree shelter and feeding station for insectivorous birds. A chickadee is seen on the roof of the tree house.

Every spring, before the birds come back, your bird houses should be carefully cleaned. During the winter season, cocoons of insects, or the nests of bees and squirrels may have been left inside and these will keep the birds from nesting there again. Uncle Sam tells us that his valuable bird, the woodpecker, does not gather nest materials. Put a thick layer of sawdust in the bottom of

the house that you build for any of the woodpecker family to hold the eggs safely. Trees or poles that support bird houses need to be sheathed with tin. This will keep cats and squirrels away.

Almost the best part of taking care of Uncle Sam's birds is to put up and keep a boarding house for them. The house itself may be a covered shelf in the orchard or garden, or a little shelter made of a wooden box and open at the back and front. It is necessary to coax the birds to come here and feed at first by putting bits of suet, seeds, bread crumbs or cracked nuts in a path leading to their boarding house. They will soon learn to eat in it, though. Keep it filled with such food as this, and they will find it a very great comfort. If it is not possible to build one of these feeding places, fasten food for the birds to the trunks or branches of trees, or scatter it in sheltered places on the ground.

The United States Government wants boys and girls to take better care of wild birds than they ever did before. The State of Massachusetts tells us just what birds are most useful in protecting certain trees and plants from their enemies. Look over the table and see if you can find the special bird that is most needed in your neighborhood. Then see what you can do to help him live and carry on his good warfare.

INSECT	PLANTS INJURED OR DESTROYED BY IT	BIRDS EATING IT
Gypsy moth and browntail moth	Fruit, shade or forest tree	Cuckoos, robin, bluebird, jay, oriole, vireos and many others
Codling moth which is the parent of the apple worm	Apple trees	Woodpeckers, chickadees and others
Tent caterpillar	Apple and cherry trees	Cuckoos, jay, chickadee and many others
Forest tent caterpillar	Fruit, shade, and forest trees	Cuckoos, warblers, waxwing, oriole, and many others
Webworms	Fruit, shade, and forest trees	Cuckoos, jay, chickadee and many others
Army worms	Grass, corn, etc.	Robin, sparrows, bluebirds, blackbirds, and many others
Cutworms	Nearly all crops	Robin, catbird, bluebirds, sparrows, and many others
Cankerworms and other caterpillars	Fruit and other trees	Nearly all birds of orchard or woodland
Cabbage worm	Cabbages	Song sparrow, chipping sparrow, towhee
Beet worm	Beets	Chipping sparrow, Bobwhite, yellow-billed cuckoo; rose-billed cuckoo, rose-breasted grosbeak
Colorado potato beetle	Potatoes and egg plant	Bobwhite, yellow-billed cuckoo, rose-breasted grosbeak
Elm-leaf beetle	Elm trees	Cedar waxwing, vireos, etc.
May beetles and their young, the white grub	Grass and garden plants	Robin, blackbird, thrasher, catbird, towhee and others
Rose beetle	Roses and other plants	Wood thrush, martin and others
Cucumber beetle	Cucumber and squash plants	Oriole, martin, phoebe, nighthawk, etc.
Weevils	Fruit, clover, grain, peas, beans, etc.	Eaten by very many birds, bluebirds, oriole, downy woodpecker, etc.
Click beetles and wire worms	Roots of many garden plants	Robin, sparrows, oriole, phoebe and many others

INSECT	PLANTS INJURED OR DESTROYED BY IT	BIRDS EATING IT
Plant lice	Plant life generally	Warblers, chickadees, sparrows, thrushes, and others
Bark lice	Fruit and other trees	Nuthatches, chickadees, creepers
Scale insects	Fruit and other trees	Chickadee, grosbeak.
Grasshoppers and locusts	Grass, grain, and other crops	Practically all birds
Crickets	Grass, grain, fruit, etc.	Many ground birds

QUESTIONS AND SOMETHING TO DO

1. Of what use are our wild birds in saving the food supply of our Nation?
2. What do birds who stay with you all winter need to carry them over the cold weather?
3. How can you attract wild birds to your garden in the summer?
4. Name several kinds of waste material from your home that birds will gather for nest building.
5. Name the birds that are found in your locality.
6. What kind of a bird house does the Government say is best for each of these birds?
7. Ask your grocer or a farmer what are the most valuable crops in your neighborhood.
8. Study the table at the end of the chapter and find out what birds are necessary to help these crops.
9. Build bird houses at home, or in your manual training class, that are suitable for these birds; and set them up where they will be most useful.

CHAPTER XVIII

IN FOREST AND STREAM

When the American Indian was the only dweller in our country he lived in the wide forests of the land. It seemed to him that the great pine trees, pointing up toward the sky, were his friends. He tried to understand the speech of the wild birds and the squirrels who lived in them, and he cut down very few trees. He liked the wilderness of the woods. He could hide there and be safe.

Then the American Colonist came, and he had quite a different idea about the forests that he found in his new home. He began cutting down the trees to build log cabins, to burn for firewood, and to make a place for new roads. Sometimes in the early days of our United States, a whole piece of wood land would be cut clean and only a mass of stumps left that was burned out to clear the land.

The United States grew very fast, and there was more and more need of logs for making railroad ties, boards for building houses, stores and mills. No one thought very much about the many years a pine tree had been slowly growing, but

only how quickly it could be cut down, and into how many boards it could be sawed and planed. That was a hard time for the forests, and we might, at last, have been a country without trees if Uncle Sam had not gone into the woods just then to save them.

He knew how the Indian felt about wanting to keep a tree. He knew how the Colonist, and all the other Americans after him, had felt about cutting a tree down and using it. He knew, too, that the Indian and the American settler were each right in a certain way. So Uncle Sam took over one hundred sixty million acres of trees and laid out our national forests and parks. He takes care of these just as a farmer takes care of a very valuable crop. Only certain trees may be cut, and new ones are being set out constantly to take the places of those that are cut down. Several thousand men help Uncle Sam in looking after these National forests. It is their duty to patrol them, watching for forest fires, and keeping the trees free from pests or disease.

Sometimes the life of one of Uncle Sam's foresters is as exciting as any adventure story a boy or girl ever read. If you go to the country in the summer where there are high wooded hills or mountains all around, you may see a tiny speck far up on the peak of one. There is no road



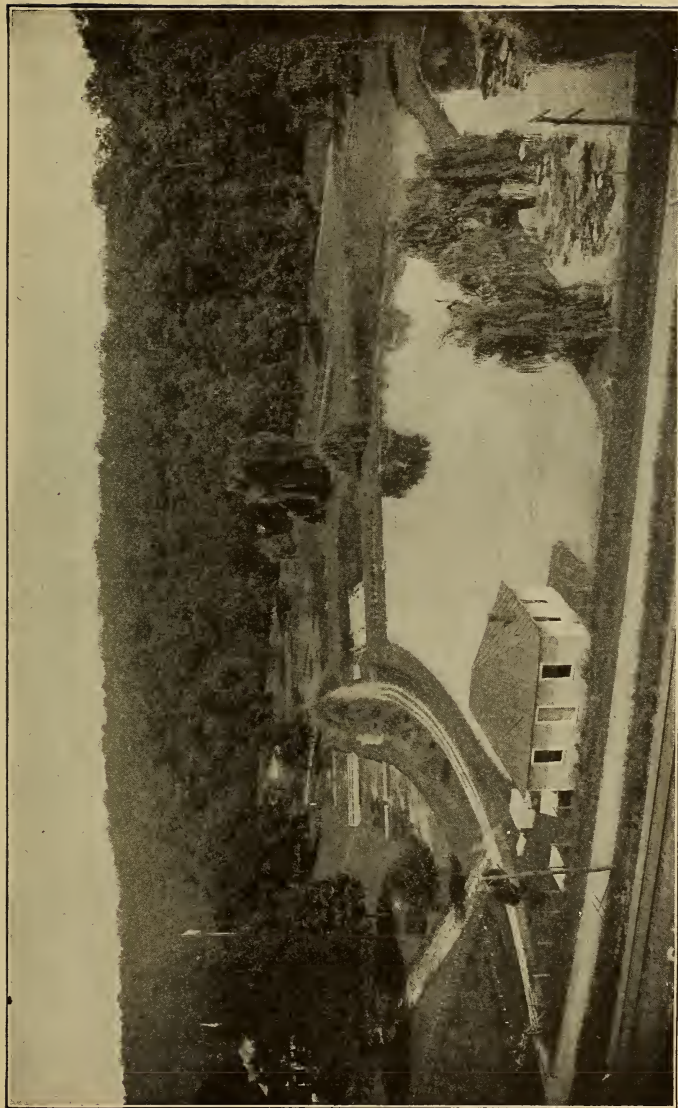
Courtesy, American Museum of Natural History, N. Y.

SCENE IN A FOREST RESERVE, CALIFORNIA

that you can see leading to it. A narrow path goes up, but one could easily lose it, and there are bears on the way, the farmers tell you. That speck on the peak of the mountain is a fire tower. A state forester stays in it during the summer, shut away from the life of the world, watching for forest fires. He has a wireless apparatus to call help if he needs it, but it is an even more lonely life than that of the light-house keeper.

When Uncle Sam began to preserve his trees, he found that the forest streams and the fish were in need of help, too. Fish that were too small were being caught. Certain kinds of fish were dying out entirely because their streams were being used for water power, and they had no place to lay their eggs and hatch their young. To save our fish, seasons, called closed seasons, have been set apart when no fish may be caught in certain waters. They must be left quiet, and free to breed. Fish hatcheries have been made in some states where the eggs are cared for in special tanks, and the young fish are raised to be sent to the streams or the sea when they are old enough.

This work of the Government in preserving our American forests and fish is a very important one, indeed. The men who do it have to be almost as strong and well as our soldiers. And the work



Courtesy, U. S. Bureau of Fisheries

POND FISH-CULTURAL STATION, MAMMOTH SPRINGS, ARKANSAS

means a great deal to every American boy and girl. It gives us the beautiful woods, materials for building almost everything from the floors in our homes to the wings of an aëroplane, and food from the streams.

It is very strange but the greatest number of forest fires start from picnics, automobile parties, and camping parties. The forester in his tower on the mountain looks abroad over the woods and valleys for such fires. They are so easily prevented that Uncle Sam's boys and girls ought to organize themselves into fire brigades to prevent forest fires in the summer. Some states require you to have a permit before kindling a fire in the open air for burning brush or rubbish. This is not necessary if the bonfire is in a garden or a ploughed field, or a street that is a safe distance from a wood lot or the woods. It is never safe, though, to kindle a fire on another's property unless you ask the owner of the land if you may. A camp fire must be very carefully covered before you leave it, and lighted matches should never be dropped in the woods.

Any boy who owns a fine, sharp jack-knife feels like using it when he goes out for a hike or on a picnic. There are a great many things that can be made with bark; baskets, little canoes, and picture frames. It is fun, too, to cut one's initials



Courtesy, U. S. Bureau of Forestry

A FIRE LOOKOUT, SUMMIT OF MT. EDDY, CALIFORNIA

in a tree trunk. It may happen, though, that the piece of bark cut off a tree or the letters that you cut in the trunk may hurt that tree so that it will die. Keep your jack-knife for whittling broken branches and opening nuts in the woods, and so help Uncle Sam.

You will find it very interesting to attend a forestry class, right out in the woods, if your state has one. Uncle Sam leases a piece of one of his finest forests at a low price for such an outdoor school, and it is one of the best places to study a boy or girl ever knew. The class learns about the seeds, roots, leaves, buds, and bark of forest trees.

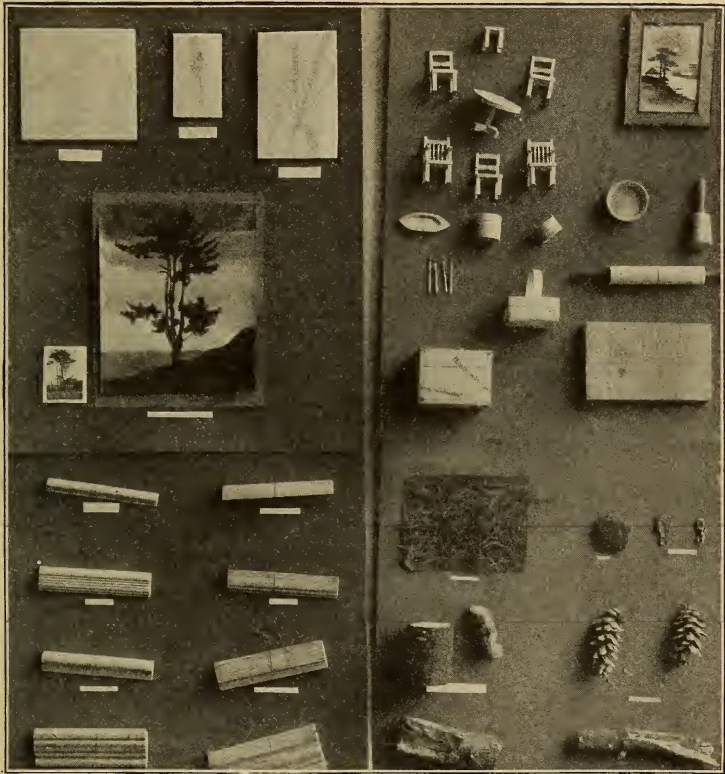


Courtesy, U. S. Dept. of Agriculture—Forest Service

WORK AND FUN IN A FORESTRY CLASS

The boys and girls collect seeds from pine cones and dry them, learn to estimate the amount of timber a tree will yield, and draw pictures of the forest. Part of the work of such a class in forestry is to make collections of woods, and tell the story of a tree, as it is done in the picture, from the sketch of it to the objects they can make with the wood.

Arbor Day is the great day of the year for the trees, and for the children who want to do something for their country. Then comes your



Courtesy, U. S. Dept. of Agriculture—Forest Service

THE STORY OF A PINE TREE

chance to make up to the orchards and woods for any loss that may have come to them during the year. Set out two young fir or spruce trees to take the place of the tall old evergreen that you cut down for your Christmas tree. It was only

one tree, of course, but it means a whole forest gone when you multiply it by all the Christmas trees cut in the United States. Shade trees, nut trees, fruit trees, and trees in which wild birds like to nest can be set out on Arbor Day, and will help to keep the beauty and the value of our woodland.

Your vacation fishing may help or hinder the work of the Government in preserving fish. Find out if there is a state fish hatching station near you, when its visiting days are, and go and see the wonderful way in which a fish grows and breeds. There are some waters near you where fishing is not allowed; never can one fish in a reservoir that supplies a town with water. Trout, oysters, shad, and lobsters all have their seasons of rest. The boy and girl fisher can find out when these closed seasons end, and not catch any fish until the law allows it.

If everyone in the United States saved one tree, and one fish family a year, it would make our country much more beautiful and vastly richer in timber and food.

QUESTIONS AND SOMETHING TO DO

1. How did the American Indian use the forests?
2. How did the men who settled our country use them?

3. Tell how the United States Government takes care of trees.

4. Your desk, your house, the apple, and the cake of maple sugar that you are going to eat for lunch, and your rubbers, all came from certain kinds of trees. Name as many trees as you can, tell where they grow, and what they give you.

5. What kinds of trees grow near you? What can you do to protect these trees?

6. Have you a place for fishing near your home? Are there any notices posted near it about a closed season that you ought to read?

7. Have you ever seen any similar notices about hunting posted in the woods? What did these notices say?

8. How can you keep Arbor Day?

9. Make a collection of woods, nuts, leaves and bark, or look at the school collection. Try to name these by feeling of them blindfolded.

10. Can you have a tree school near your town this summer?

CHAPTER XIX

HOW TO BE A GOOD CITIZEN

Your home is a very comfortable, pleasant place in which to live. Did you ever stop to think why?

There is a fine big family there, from father down to you, and each one has a part in the work and the play of your house. Your father pays for your house, your food, your clothes, and everything else that you need. Your mother keeps the house beautiful, has dinner ready for you when you come home from school, and makes your clothes. So, if your father or mother say that you can't play ball on Saturday morning because they need your help at home, you do not stop to argue about it. They give you their love and a home, and in return, you love and obey them. They are your first lawmakers, and Uncle Sam says, "*obey the law.*"

One of the nicest things about your home is your room. It is your very own, with shelves for your books and games, and a place for tennis rackets, balls, dolls' dressmaking, Camp Fire, or Boy Scout trophies, and anything else that is yours. Your father has a corner of the living room for his desk. There he keeps his important papers.

Your grandmother has the big sunny room upstairs where her knitting, her rocking chair, and her plants are. Your father never touches the things in your room. You would not think of taking his papers out of his desk. No one in the family would take any of your grandmother's comforts.

If Uncle Sam could look into your home he would give you a term for this special family kindness. He would call it "*respecting property rights.*"

There is another way in which your family keeps safe and happy. You all help each other. You carried your father's luncheon down to the office the day that he had to do extra work and couldn't come home. Your sister made the sandwiches, and packed the luncheon for him. You all helped your mother with the housework on Saturday morning, so that she could go to the park for a picnic with you in the afternoon.

Uncle Sam looks in your door again, smiles, and tells you that he has brought you a long word this time. It means this working together, which he likes so much. "*Coöperation,*" Uncle Sam says it is.

Perhaps you never thought of it but playing a game is a little like running a home in the right way. There is baseball. You know the rules of the game, and you keep them. You don't play

ball on private grounds, but in your own field. You train together for good teamwork for a long while before you play the boys from the other school. You must be a baseball *nine*, not an eight, or a seven.

Look, there is Uncle Sam cheering you from the grand-stand as you win, as loudly as any baseball fan there ever was. He cheers you for keeping the rules of the game, for playing within bounds, and for playing together.

It is odd, but these three rules of the home and of games, are the ones that you need to remember in school. The school asks you to come to your class every day and not be late. It



Courtesy, Parks and Playgrounds Ass'n, N. Y.

YOUR TEAMWORK IS NEEDED IN A GAME



Courtesy, Parks and Playgrounds Ass'n, N. Y.

YOU MUST OBEY THE RULES OF THE GAME

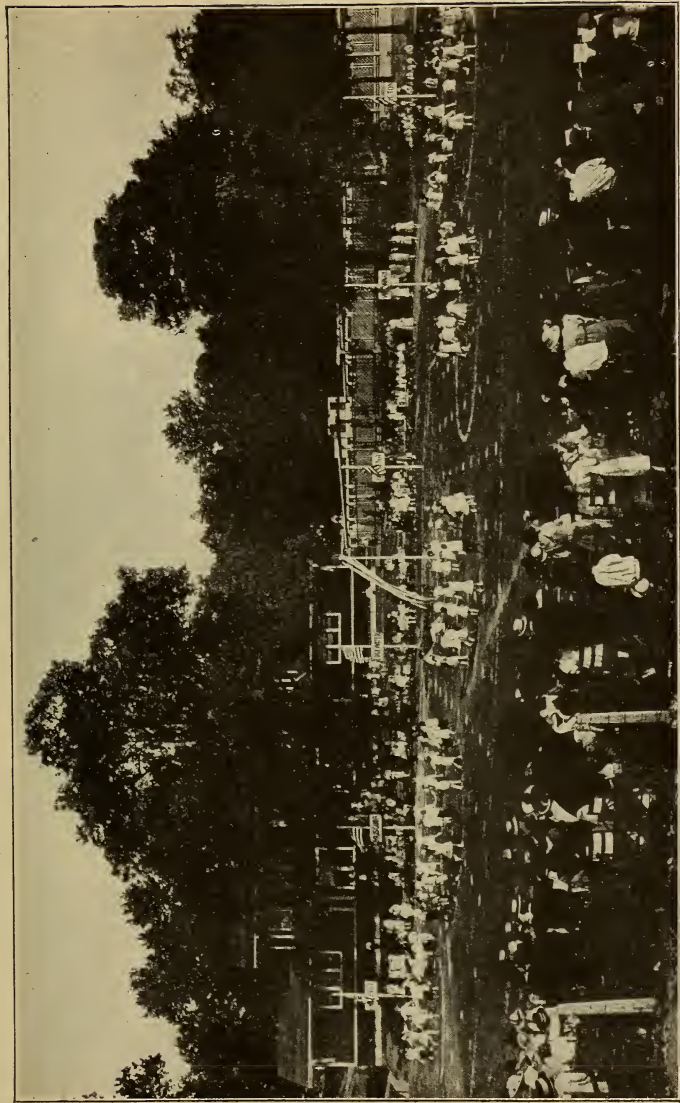
asks you to study whatever lessons are given you as hard as you can. Those are school laws that you keep. You are careful not to waste paper, pencils, or tear your schoolbooks. You keep the school grounds looking well because you are proud of them. You try to keep up with your class. In this way you are pleasing Uncle Sam in school. You are keeping school laws, you are being careful of school property; and you are coöperating with your teacher and schoolmates.

School is out now. You are not needed at home. You and the other boys or girls have started out together for an hour's fun in the street. It may be a troop of boys, or it may be a crowd of girls, arm in arm, it does not matter which. It is more fun to play in a crowd, but how are you going to play?

Some new sod has been placed on the edge of the sidewalk by the Park Department and there is a sign on it, "Please keep off the Grass." Main Street is too busy a street for ball playing. There is a town ordinance about this. Pushing the passers-by, running over private lawns, or interfering with the games of other children by taking their playthings would never occur to you. And you go on to the playground, or the park together, looking out for the lame one, or the younger one who is with you, and have a good time when you get there for three reasons.

Your crowd did not break any laws that the town has made. You respected the property rights of others. You played with your mates instead of alone, taking care of them, and all trying to help.

When our American Nation began as a free country, Uncle Sam found that he had a very large family to look after. It was like a great house, every one of the states being a room in



Courtesy, Social Science Dept., Tennessee Coal, Iron, and R. R. Co., Birmingham, Ala.

PLAYING TOGETHER TEACHES CHILDREN TO WORK TOGETHER

it. There had to be certain rules made that each member of this American family should keep. So Uncle Sam, through the Congress and Senate at Washington, enacted a body of general laws that the whole country would be better off and safer for keeping. The different states make their own laws, too, and so do the cities and towns of the United States. And the National laws have to be changed from time to time, especially in time of war. Uncle Sam says, "*Obey the law.*"

The more our country grows and the more riches and power it finds, the more property it has. If you travel far enough through the United States you will see almost everything that is in the fairy tale books. We have public buildings of marble and gold, with pictures and furnishings as beautiful as any castle. Our gold, and silver, and silks would make a prince or a princess open their eyes. Aladdin himself never thought of such great ships, wonderful aëroplanes, racing automobiles, and sky-scraping buildings as we make. Uncle Sam owns forests and parks that a king might dream of. We are very generous with whatever the public owns. Public libraries, parks, schools, museums, playgrounds, baths, hospitals, and homes for the poor are paid for by a few people, and are free to a great many. Uncle Sam asks the American people, though, to *take good care of public property.*

The word united means together. The United States is a huge family that keeps together as well as it can. You can ride on the same railroad through several states. A good many of the states believe in doing the same acts of kindness to horses and dogs in the streets. They all honor the Stars and Stripes, use the same money, speak the same language, vote for the same President and honor him, and have their own particular stars in Old Glory.

So Uncle Sam has made us the great United States that we are by his plan of coöperation.

There are three ways, then, by which boys and girls can help Uncle Sam very much indeed, at home, in a game, at school, or out in the street. Somebody who knows more than you, who is older and who has had more experience makes a rule. It is your father, your teacher, the baseball coach, the town alderman, or Uncle Sam. By keeping this rule you are living up to Uncle Sam's first requirement for citizenship, which is to *obey the law*.

You must remember that your neighbor's home, a library book, a public garden, a mail box, or your school materials are the property of others, in which you share. Respect them; and thus conform to Uncle Sam's second requirement for citizenship—to *respect property rights*.

The third way of helping Uncle Sam is by think-

ing of others as well as of yourself. That starts at home, when you try to help. It means being the best end man that you can if you can't be the leader in a game, or in school. It means doing whatever you are able to help the policeman, the fireman, the street cleaner, the postman, and your teacher. *Coöperation* is Uncle Sam's third requirement.

Suddenly Uncle Sam has a surprise for the boys and girls who are able to keep a law, to respect property, and to work and play together unselfishly. All children like to think of the important persons they will be when they grow up; judges, and teachers, and shop keepers, and manufacturers, and artists, and people who write books or make newspapers, builders, and soldiers and all the rest. You can't be one of these, though, to-day. You will have to work and wait a good many years first. But Uncle Sam says you can be a most important person now, without waiting,—a *good citizen*.

The boy or girl in an American home who obeys, is careful of all that is bought for the home, and works with the family for its good and the welfare of the community, is just as much an American citizen as is Uncle Sam's soldier who fights to protect our homes, our people, and our property. You, and the soldiers, and all the other good citizens

in between who plow, and build, and keep house well, and take good care of money, and of food are Uncle Sam's proud family. You make our American democracy.

QUESTIONS AND SOMETHING TO DO

1. What special rules do your father and mother ask you to keep in your home?

2. How does your keeping each of these make your home a better one?

3. Can you think of some object in each one of the rooms of your house of which you ought to be especially careful? Why?

4. Tell what each member of your family does to help in the work of the home?

5. What home rules are school rules, too?

6. What is your favorite game? Tell what would happen in this game if you did not keep the rules, if you went outside of bounds, or did not play your part in it.

7. Ask your teacher or your father to tell you what your town laws are in relation to traffic, the care of public property, private property, public entertainments—such as motion pictures, playing in the streets, truancy, and health. Which of these laws can you keep?

8. Being a good citizen means doing three things at home, at school, in a game, and in the street. Can you tell what these three rules are?

9. Make a list of the prominent citizens in your town, and write next each name what these men have done or are doing for the town.

CHAPTER XX
IN HIS JUNIOR SERVICE

“I want to be in Uncle Sam’s service to-day! I don’t want to have to wait until I grow up!” you say as you stand on the street curbing some day and watch a parade of soldiers, drums beating, and “Old Glory” flying on ahead.

Just as this thought comes to you, and you stretch up on tiptoe so as to seem a little nearer the stature of a soldier, you see something. The crowd that watched the parade is a careless, holiday crowd. As the people move along they toss papers into the street, and litter the sidewalk with fruit skins and peanut shells. Out of the crowd steps a boy of about your age, dressed in khaki. He picks up the scattered rubbish and puts it in one of the tin cans that the Street Cleaning Department provides at corners for just this purpose. The boy does not stop with this service. Some of the children have pushed over the edge of the sidewalk and out into the street, standing right in the way of the horses. This boy motions them back to their places and then he leads the blind man, who stood at the corner selling flags, over to the other side of the street in safety.



"BE PREPARED"

"A Boy Scout," you say to your friends.

Yes, that is who the boy in khaki is, and if you want to join the junior service for Uncle Sam that he represents, be a Boy Scout.

There are a great many kinds of service that the Boy Scouts carry on, but their special motto that will fit every boy in the United States just now

and be of the greatest value in every community is this:

“Do one good turn every day.”

These Boy Scout good turns make our cities better cities than they would be without them. Boy Scouts are planting trees and protecting parks. They are killing caterpillars that would destroy shrubs, cleaning up unsightly alleys, watching for fires, and distributing pamphlets about preventing fires. They act as ushers at outdoor meetings and at motion picture entertainments for children. They look out for the blind, the old, and younger children. Sometimes they paint the fire hydrants in a town, and help to build better roads in the country. They gather old clothes and food for the poor, sell Red Cross seals, and sing around the outdoor Christmas tree. There really isn't anything manly, and helpful, and kind that doesn't come under the head of a Boy Scout good turn for his neighborhood, and when you wear the Scout's khaki and work alongside of him you will be almost a soldier for Uncle Sam.

When a boy is twelve years old he can apply to the Scout Master of his town's Boy Scout troop for membership. The Scout Master will tell him the first things to be learned, the Scout law, salute, sign, oath, motto, and the meaning of the Scout badge. Before even applying for membership, though, a

boy can learn the motto, "Be Prepared." And he can learn the Scout law that he promises to obey when he becomes a Scout.

THE SCOUT LAW

1. **A Scout Is Trustworthy**

A Scout's honor is to be trusted. If he were to violate his honor by telling a lie, or by cheating, or by not doing exactly a given task, when trusted on his honor, he may be directed to hand over his badge.

2. **A Scout Is Loyal**

He is loyal to all to whom loyalty is due: his Scout leader, his home, and parents and country.

3. **A Scout Is Helpful**

He must be prepared at any time to save life, help injured persons, and share the home duties. He must *do at least one good turn to somebody every day.*

4. **A Scout Is Friendly**

He is a friend to all and a brother to every other Scout.

5. **A Scout Is Courteous**

He is polite to all, especially to women, children, old people, and the weak and helpless. He *must not take pay for being helpful or courteous.*

6. **A Scout Is Kind**

He is a friend to animals. He will not kill nor

hurt any living creature needlessly, but will strive to save and protect all harmless life.

7. **A Scout Is Obedient**

He obeys his parents, Scout Master, patrol leader, and all other duly constituted authorities.

8. **A Scout Is Cheerful**

He smiles whenever he can. His obedience to orders is prompt and cheery. He never shirks nor grumbles at hardships.

9. **A Scout Is Thrifty**

He does not wantonly destroy property. He works faithfully, wastes nothing, and makes the best use of his opportunities. He saves his money so that he may pay his own way, be generous to those in need, and helpful to worthy objects.

He may work for money but must not receive tips for courtesies or good turns.

10. **A Scout Is Brave**

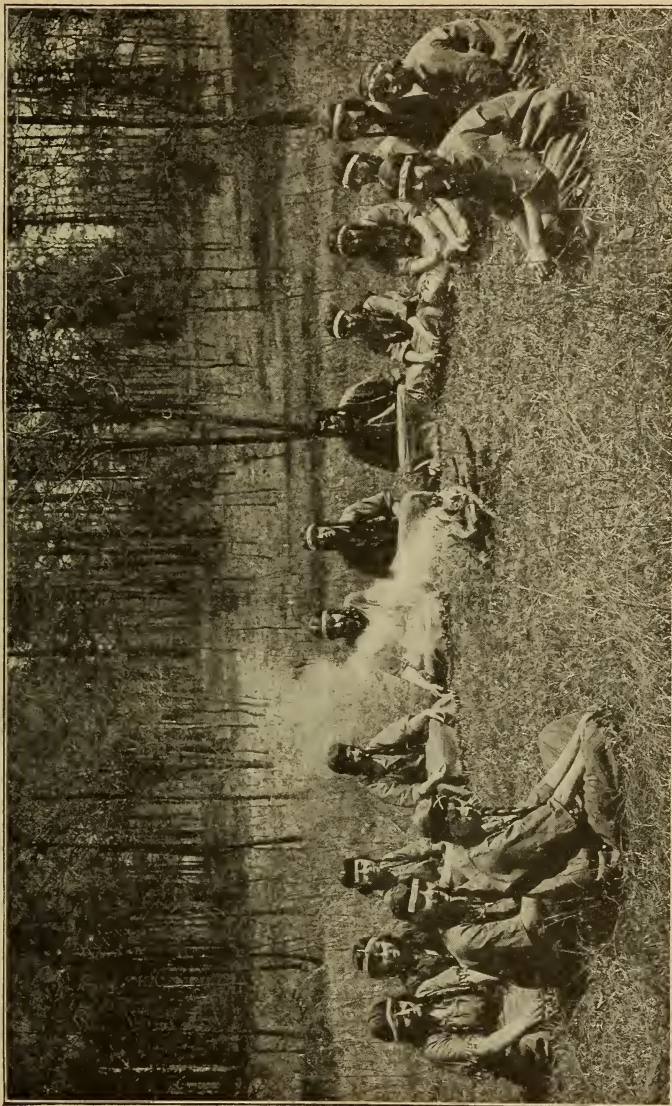
He has the courage to face danger in spite of fear, and to stand up for the right against the coaxings of friends, or the jeers or threats of enemies, and defeat does not down him.

11. **A Scout Is Clean**

He keeps clean in body and thought, and stands for clean speech, clean sport, clean habits, and travels with a clean crowd.

12. **A Scout Is Reverent**

He is reverent toward God. He is faithful to his



Courtesy, Social Science Dept., Tennessee Coal, Iron, and R. R. Co., Birmingham, Ala.

AROUND THE COUNCIL FIRE

religious duties, and respects the convictions of others in matters of custom and religion.

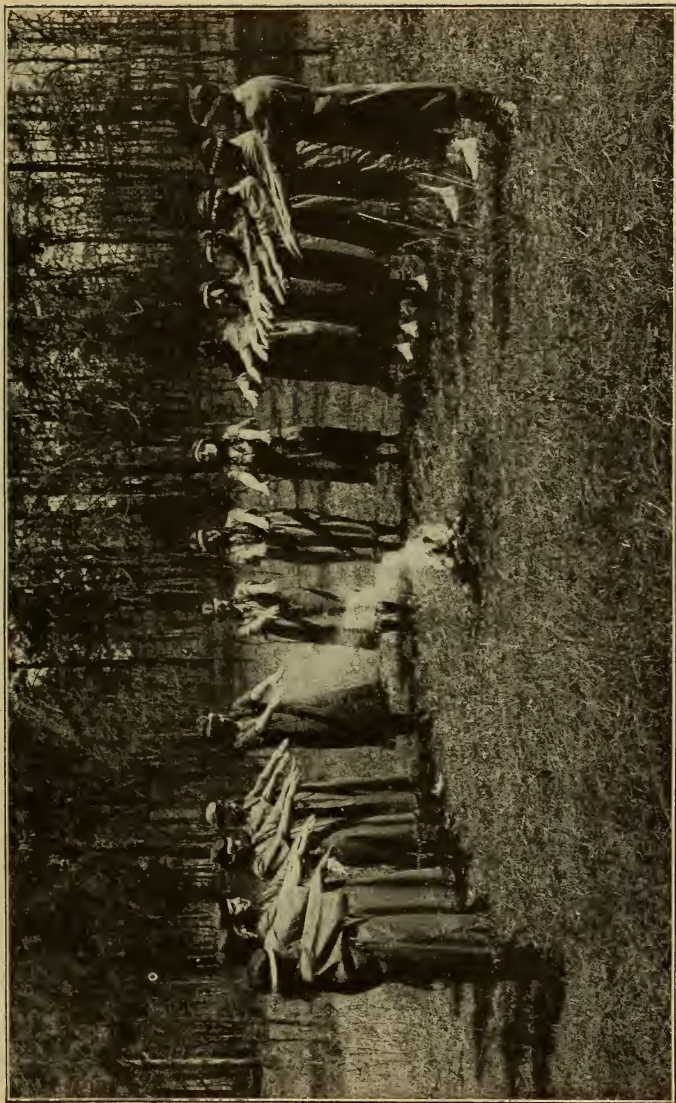
“What can I do in Uncle Sam’s junior service?” the Boy Scout’s girl schoolmate asks?

Why, the Camp Fire Girls are waiting to welcome every girl who is over twelve years old, and wants to put their watchword, *Wohelo*, into practice. It means, Work, Health, and Love, and is a home and neighborhood watchword.

As a Camp Fire Girl you can win honors by doing plain, everyday things that you never knew before were so important. Taking the entire care of a room for one week, or tending a baby an hour a day for one month win Camp Fire honors. So will cooking three common vegetables, in three different ways, or trimming a hat, or tramping ten miles a day, or rowing one hundred yards.

The Camp Fire girl keeps well, and walks thirty-five miles a week if she can. She saves food in the kitchen and saves the money, too, that other girls spend for candy and chewing gum, and sodas. She raises vegetables for her family, goes on hikes, and camps out in the summer. She learns to sing “The Star Spangled Banner” and “America.”

Any girl over twelve years of age may join a Camp Fire and become a Camp Fire Girl. Local Camp Fires have not less than six and not more than twenty members, in charge of a woman who



Courtesy, Social Science Dept., Tennessee Coal, Iron, and R. R. Co., Birmingham, Ala.

FIRE IS THE CAMP FIRE SYMBOL BECAUSE IT IS THE CENTER OF THE HOME



CAMP FIRE GIRL WEAVING HER SYMBOL, THE DUCK,
REPRESENTING THE STRONG SWIMMER

stands as a leader in her community, and who is called "The Guardian of the Fire." As soon as the group is formed, the Guardian writes to the Camp Fire Headquarters in New York City for an application blank. On being appointed, the Guardian receives a certificate for herself and a charter for the group, and they start out working for their honors. In addition to the daily work the girls have weekly meetings, and a Council Fire once a month for the awarding of honors and conferring of ranks.

Would the boys and girls of your class in school like to work together for Uncle Sam? You can do this by joining the Junior Red Cross. Perhaps your entire school can enroll as an auxiliary of your home town's chapter of the American Red Cross. Through the town chapter you can be part of the State Division.

Your Junior Red Cross Chapter can help Uncle Sam in three ways.

It can study geography harder than it ever did



Courtesy, Irving Park School, Chicago

HELPING UNCLE SAM IN WAR TIME BY PACKING COMFORT
KITS FOR HIS SOLDIERS

before, learning about foreign nations, boundary lines, the quaintness and beauty of the countries in Europe, their customs, and dress. Find out, too, in what parts of America the Red Cross has stood for help in time of need. You will find among such places Johnston, where there was a great flood, San Francisco during the terrible fire, and Halifax at the time of the explosion.

The next work of your Chapter will be doing something for your city or town that the adult Chapter to which your teacher or mother belongs tells you needs to be done. Your cooking class can study wheat substitutes,—bran, whole wheat, corn, and oat meal, and graham flour. With the help of the cooking teacher this class can learn how to make victory bread of several kinds, and make this bread in their own homes, which is a very patriotic way of doing one's bit for Uncle Sam. Perhaps the boys and girls of your class can have a booth in the town's public market in the summer and sell produce from their gardens to swell the school Red Cross fund. Your art class can draw and color Junior Red Cross posters to put up in the school hall, in the library, or some other prominent place in the town. There are many designs that you can use on such a poster; flags, Uncle Sam, our American eagle, a little girl wearing the Red Cross uniform, a Red Cross dog, or an ambulance.



Courtesy, Troy, N. Y., Public Schools

WORKING FOR THE JUNIOR RED CROSS

The third work of your Junior Red Cross Chapter is to do anything that you can for all suffering people, and especially for little children. You can collect and make over old clothing, and the boys who are studying manual training will make boxes for packing and shipping these garments. You can collect and repair old toys, knit, make scrapbooks and puzzles, wind yarn, make comfort pillows, bags for hospital use, and make fruit into jellies and jams that getting-well soldiers and children who have not had enough food need.

Make, Save, Give. That is your Junior Red Cross motto.

Any public, private, or parochial school can join the Junior Red Cross. Then all the boys and girls in the school become members of the American Red Cross.

First, the school authorities must give their consent.

Second, the school must either collect dues or take a pledge that it will earnestly do Red Cross work.

Third, the school then makes formal application for membership to the local chapter or branch school committee, showing that it has collected the dues or taken the pledge.

Then the school becomes a School Auxiliary of the Junior Red Cross and each child in the school a member in the American Red Cross.

You need not wait until you grow up to be a soldier in Uncle Sam's service. Here is his junior service, waiting for you to enlist, and needing every boy and girl in America. Whether you wear the khaki of the Boy Scout, the Indian Camp Fire dress, or pin a Red Cross button to your coat, you are a soldier of the Union at work behind the lines to keep our country good, and safe, and strong.

QUESTIONS AND SOMETHING TO DO

1. Is there a Boy Scout Troop or a Camp Fire Girls Circle in your town?
2. Has your school a Junior Red Cross Chapter?

3. Tell how one may join each of them.
4. What is the Boy Scout's motto; the Camp Fire Girls' watchword; the motto of the Junior Red Cross?
5. Can you think of some Boy Scout good turns that your town needs?
6. Here are some new patriotic Camp Fire honors: Eat everything edible on your plate; go to the market, do not telephone; work in a vegetable garden three hours a week; do not throw away any bread, or any food made of wheat; throw away no fat; preserve enough corn, beans, peas, tomatoes, or some fruit for your family for the winter. Can you win one or more of these honors?
7. What are the three ways in which the Junior Red Cross can help our country?
8. Make a list of books that you can read in the school or public library that will help your work as a Boy Scout, a Camp Fire Girl, or a member of a Junior Red Cross Chapter.

CHAPTER XXI

GETTING READY TO WORK FOR HIM

Every boy at some time or other in his life wishes that he might wear a uniform and work for the Government. The fireman's red helmet, the policeman's badge, and the postman's leather bag seem as fine and important to you as a baseball bat or a Boy Scout's suit. They are as important and as necessary for the country's welfare as is the soldier's uniform. Uncle Sam has a whole army of everyday helpers such as these and it is due to their work which goes on so quietly that we hardly notice it, that the United States is kept such a comfortable place in which to live.

Any ambitious boy may be proud in looking forward to employment by Uncle Sam, but there is something about working for the Government that has to be considered. One is chosen for employment by the United States because of peculiar fitness. A man must qualify for the post he fills. There is a good deal that a boy or girl can do to get ready for Uncle Sam's work, and it would be a good plan to begin getting ready to-day.

Uncle Sam needs workmen, both men and women, for every kind of occupation there is, almost. He

wants men who can build ships and do such great engineering feats as building railroads over mountains and bridges, and across deep cuts and waters. He needs soldiers, sailors, clerks, accountants, foresters, farmers, expert fishermen who can take charge of his fish hatcheries, cooks for the huge Government kitchens at Washington where foods are tested and new recipes tried and sent out all over the country. He needs postmasters, doctors, lumbermen, carpenters, teachers, electricians, messengers, typists, stenographers, printers, nurses, bakers, blacksmiths, gardeners, gas fitters, lighthouse keepers, men to work in the United States Mint, to study the weather, to test weights and measures, and to take care of the strangers who come from foreign lands to our wonderful land of the free.

There are many thousands of men and women



Courtesy, Boy Scouts of America

UNCLE SAM NEEDS AN ARMY OF
EVERYDAY HELPERS

working for Uncle Sam in Washington alone. He has other thousands doing his business in a host of countries and out of the way places. Every year there are thousands and thousands of other men and women appointed at good salaries to help carry on the Government's ever growing work.

How does Uncle Sam choose these workers?

He believes in a test that you don't like at all. Uncle Sam holds examinations for his helpers. The first thing the Government asks the young man or young woman who wishes a Government position is, "What did you learn in school?" Going to school and passing the school examinations successfully is what Uncle Sam wants you to do to-day that you may be ready to help him to-morrow.

Arithmetic isn't the study that is your choice for the day's recitation in school or for home work in the evening, perhaps; but Uncle Sam has surprises waiting for the boy who becomes expert in it, and goes on to other branches of mathematics. Because of it he may send you out to the wide plains of the West to survey Government lands, he may put you on a ship as captain, for guiding a vessel through the waters is a matter of understanding charts and figures. He may put you in charge of an accounting office at Washington, or send you to a foreign country to carry out some

gigantic engineering scheme. He may put you into one of the departments of the United States Treasury in charge of his gold and silver.

Physiology and spelling are not your favorite studies, either, perhaps, but work hard at them for they may lead to your important service for Uncle Sam. It takes an army of nurses and doctors to keep an army of soldiers and a navy of sailors well. Knowing all about bones and muscles, and being able to write and spell the longest words there are is the beginning of the medical profession. Curing some one who is ill or keeping a town or camp free from disease is a most important duty of the Government. Boys and girls can get ready to help in this work in school to-day.

The pages of your geography become as full of adventure as those of the Arabian Nights when Uncle Sam turns them for you. Here, in your physical geography, is your chance for being sent up on the mountain tops by the Government to study and send out reports of the weather. It will help you to go down into the wonderful caverns of iron, copper, gold, and silver mines. It may gain you a position testing soils for the farmer or working in the great Department of Agriculture in Washington. This department collects, tests, and sends out seeds, studies new farm tools, and writes pamphlets for the farmers all over the United

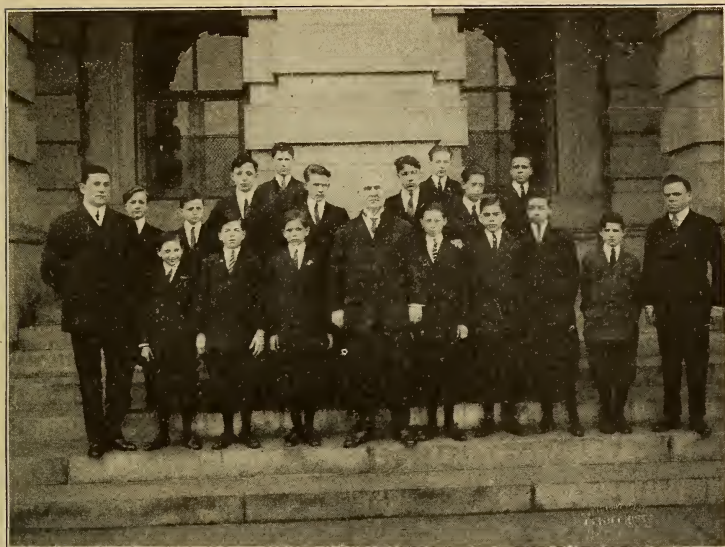
States to help them produce larger and better crops.

There is hardly any study in school that does not have an application to the business of the United States Government and which, carefully mastered, may not lead to Government work.

Manual training is very important, for Uncle Sam is building and rebuilding pretty nearly all the time. He owns a great many buildings scattered all over the country and keeps them in excellent repair, in addition to improving and enlarging them continually. These include post offices, light houses, Indian schools, quarantine stations, hospitals, and houses where government employees live.

Learning to cook well may take a girl into one of Uncle Sam's food stations, for the United States is thinking very hard about its pantries. Uncle Sam, himself, is going to market to learn how much things ought to cost, which foods are better to buy because of the nourishment they contain, and how they should be cooked. The Government is making recipe books that are sent for the cost of the postage to those who want them. It is regulating the scales used by the grocer, the butcher, and the vegetable man, and is even doing a little canning and preserving on its own account to find out just the best way of keeping foods.

Your school drawing will help you to do Government draughting, perhaps, or help in the patent



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PAGES IN THE U. S. SENATE WITH THEIR CAPTAIN

office. Nature study may lead you into forestry, or the great work of keeping our wild fowl, birds, and animals safe in the National parks. Knowing a foreign language is a splendid thing for boys and girls because Uncle Sam is always in need of interpreters.

If you prepare yourself well for your school tests and pass them, you will be almost sure to be able to pass Uncle Sam's examinations. There are several hundred of them, known as civil service examinations, and almost any one who has been

graduated from the public schools can pass them. A boy of fourteen may be appointed as a page, an apprentice, or a messenger. When he is eighteen he is eligible for a Government position as railway clerk, lighthouse keeper, cadet in the revenue service, a surfman, or an assistant in the Weather Bureau.

Like most other great helps to our country, this of being one of its employees begins at home. All its needs and the means of success are bound up in the strap that holds your school books. One other big Government position, too, is open to the boy who does his best in the work of every day, that of the presidency. It is quite possible to step from your school door, through everyday usefulness, to the chair of the President of the United States.

QUESTIONS AND SOMETHING TO DO

1. What can boys or girls do in school to get ready to work for Uncle Sam, or to earn their own living?
2. Have you seen any notices of civil service examinations posted in your town, and can you remember a part, at least, of what they said?
3. What kinds of work does the Government need done?
4. In case of war, what workers go with the army to help in other ways than fighting?
5. How might your good school record in the following studies make you a help to your country: Arithmetic,

geography, nature study, physiology, spelling, cooking, carpentry, and drawing?

6. One may be a help to our country by working in many ways. How does each one of these workers make the United States greater, and better: The bridge builder, the railroad builder and engineer, the road builder, the doctor, the farmer, the forester, the steamship captain, the postmaster, the lighthouse tender, and the nurse?

7. Collect newspaper or magazine clippings about work that the Government is doing, near your town, if possible. These may be put in a scrap book with pictures on the subject, or may be mounted on cards.

SOME BOOKS UNCLE SAM HAS PREPARED FOR BOYS AND GIRLS

U. S Government pamphlets may be obtained free, *so long as the supply lasts*, on application to any Senator, Representative or Delegate in Congress or to the head of the department issuing the publication.

When this supply has been exhausted, the publications may often be obtained from the Superintendent of Documents by payment of a small sum (usually from 5 to 15 cents).

If teachers and pupils have access to a public library, they may use the Government Documents there—and in many cases, the libraries have duplicate copies for circulation.

- U. S. Dept. of Agriculture**, Bulletin, 527. Some exercises in farm handicraft for rural schools, by H. O. Sampson. 1917.
- U. S. Bureau of Education**, Bulletin, 20. Work of School children out of school hours. 1917.
- U. S. Dept. of Agriculture**—Farmers' Bulletin, 134. Tree planting in rural school grounds.
 - Farmers' Bulletin, 185. Beautifying the home grounds.
 - Farmers' Bulletin, 428. Testing seed in home and rural schools. Reprint, 1917.
 - Farmers' Bulletin, 835. How to detect outbreak of insects and save grain crops. 1917.
 - Farmers' Bulletin, 861. Removal of stains from clothing and other textiles. 1917.
 - Syllabus 28 (Prepared in coöperation with Plant Industry Bureau). Illustrated lecture on practical improvement of farm grounds, by F. L. Mulford and H. M. Conolly. 1917.

U. S. Dept. of Agriculture—Syllabus 29 (Prepared in coöperation with Public Roads and Rural Engineering Office). Illustrated lecture on public road improvement. 1917.

How teachers in rural elementary schools may use Farmers' Bulletin, 771, Home-made fireless cookers and their use, by F. E. Heald. 1917.

BIRDS

U. S. Dept. of Agriculture—Farmers' Bulletin, 609. Bird houses and how to build them, by Ned Dearborn. 1914. Reprinted, 1917.

—Farmers' Bulletin, 493. English Sparrows as pests, by Ned Dearborn. Revised, April, 1917. 23 pp. illus. Includes lists of Agric. Dept. publications relating to birds.)

—Farmers' Bulletin, 755. Common birds of South-eastern U. S. in relation to agriculture, by F. E. L. Beal.

—Farmers' Bulletin, 513. Fifty common birds of farm and orchard. 1913. (Contains 56 colored pictures of common birds and short descriptions telling which birds are useful and which are harmful to farm crops.)

—Farmers' Bulletin, 630. Some common birds useful to farmers.

BOYS' AND GIRLS' CLUB WORK

U. S. Dept. of Agriculture—States Relations Service, doc. 27. Organization of boys' agricultural club work in Southern states. 1915.

—States Relations Service, doc. 29. Development of boys' club work. 1915.

- U. S. Dept. of Agriculture**—Farmers' Bulletin, 385. Boys' and girls' agricultural clubs.
- States Relations Service, doc. 26. Farm and home handicraft clubs. 1915.
 - States Relations Service, doc. 55. Suggestions for boys' and girls' exhibits at local, county, and state fairs. 1917.

FOODS AND FOOD CONSERVATION

- U. S. Food Administration**—Ten lessons on food conservation. 64 pp. 1917.
- U. S. Dept. of Agriculture**—Circular, 75. Food needs for 1918.
- States Relations Service, doc. 50. Food requirements of the human body. Suggestions to teachers. (Includes lists of publications of Agric. Dept. pertaining to foods and their preparation.)
 - Farmers' Bulletin, 142. Principles of nutrition and nutritive value of foods.
 - Farmers' Bulletin, 607. The farm kitchen as a workshop.
 - Farmers' Bulletin, 807. Bread and bread-making in the home. 1917.
 - Farmers' Bulletins, 808, 817, 824. How to select foods.
 - I. What the body needs (808).
 - II. Cereal foods (817).
 - III. Foods rich in protein (824).
 - Farmers' Bulletin, 717. Food for young children.
 - Farmers' Bulletin, 712. School lunches.
 - Farmers' Bulletin, 293. Use of fruit as food.

- U. S. Dept. of Agriculture**—Farmers' Bulletin, 871. Fresh fruits and vegetables as conservers of other staple foods. 1917.
- Farmers' Bulletin, 332. Nuts and their uses as food.
 - Farmers' Bulletin, 751. Peanut oil.
 - Farmers' Bulletin, 553. Pop corn for the home.
 - Farmers' Bulletin, 298. Food value of corn and corn products.
 - Bulletin, 653. Lessons on corn for rural elementary schools.
 - Farmers' Bulletin, 565. Corn meal as a food and ways of using it.
 - Farmers' Bulletin, 249. Cereal breakfast foods.
 - Bulletin, 503. Turnips, beets, and other succulent roots, and their use as food. 1917.
 - Farmers' Bulletin, 295. Potatoes and other root crops as food.
 - Bulletin, 468. Potatoes, sweet potatoes, and other starchy roots as food.
 - Farmers' Bulletin, 121. Beans, peas, and other legumes as food.
 - Farmers' Bulletin, 363. Uses of milk as food.
 - Farmers' Bulletin, 413. Care of milk and its use in the home.
 - Farmers' Bulletin, 487. Cheese and its economical uses in the diet.
 - Farmers' Bulletin, 876. Butter making on the farm.
 - Farmers' Bulletin, 850. How to make cottage cheese.
 - Farmers' Bulletin, 535. Sugar and its value as food.
 - Farmers' Bulletin, 516. Production of maple syrup and sugar.
 - Farmers' Bulletin, 653. Honey and its use in the home.

GARDENING

- U. S. Education Bureau**—School home-gardens circulars.
11. List of publications for use of school home-garden teachers.
 13. Garden projects in seed planting.
 14. Flower growing for school children in the elementary grades.
 16. Home gardening for town children.
- U. S. Dept. of Agriculture**—Farmers' Bulletin, 408. School exercises in plant production.
- U. S. Education Bureau**, Bulletin, 40. Gardening in elementary schools. 1916.
- U. S. Dept. of Agriculture**—Farmers' Bulletin, 195. Annual flowering plants.
- States Relations Service, doc. 48. Boys' and girls' club work. Plant a garden.
 - Farmers' Bulletin, 154. Home fruit garden, preparation and care. Reprinted, 1917.
 - Farmers' Bulletin, 934. Home gardening in the South.
 - Farmers' Bulletin, 936. The city and suburban garden.
 - Farmers' Bulletin, 937. The farm garden in the North.
 - Bulletin, 349. The raisin industry.
 - Farmers' Bulletin, 198. Strawberries.
 - Farmers' Bulletin, 255. Home vegetable gardens. 47 pp. illus. 1906.
 - Farmers' Bulletin, 818. Small vegetable garden.
 - Farmers' Bulletin, 61. Asparagus culture.
 - Farmers' Bulletin, 431. The peanut.
 - Farmers' Bulletin, 254. Cucumbers.

- U. S. Dept. of Agriculture**—Farmers' Bulletin, 488. Diseases of cabbage and related crops and their control. 32 pp. illus. 1912.
- Farmers' Bulletin, 232. Okra; its culture and uses. 16 pp. illus. 1905.
 - Farmers' Bulletin, 295. Potatoes and other root crops. 45 pp. illus. 1910.
 - Farmers' Bulletin, 533. Good seed potatoes and how to produce them. 16 pp. illus. 1913.
 - Farmers' Bulletin, 324. Sweet potatoes.
 - Farmers' Bulletin, 548. Storing and marketing sweet potatoes.
 - Farmers' Bulletin, 879. Home storage of vegetables.
 - Markets, doc. 6. Distribution and utilization of garden surplus. 1917.

MEAT

- U. S. Dept. of Agriculture**, Bulletin, 469. Fats and their economic use in the home.
- University of Illinois**. Agric. Exp. Station, Bulletin, 147. Market classes and grades of meat.
- Agric. Exp. Station, Bulletin, 158. Relative economy, composition, and nutritive value of various cuts of beef.
- U. S. Dept. of Agriculture**—Experiment Station Bulletin, 193. Studies of the effect of different methods of cooking upon the thoroughness and ease of digestion of meat.
- Bulletin, 433. Changes in fresh beef during cold storage above freezing.
 - Bulletin, 27. Bouillon cubes, their contents and food value compared with meat extracts and home made preparations of meats.

- U. S. Dept. of Agriculture**—Farmers' Bulletin, 391. Economical use of meat in the home.
- Farmers' Bulletin, 34. Meats, composition and cooking.
 - Farmers' Bulletin, 526. Mutton, its value in the diet.
 - Farmers' Bulletin, 85. Fish as food.
 - Bulletin, 467. Food value and uses of poultry. 29 pp. illus. 1916.

POULTRY

- U. S. Dept. of Agriculture**—States Relations Service, doc. 53. Coöperative work in agriculture and home economics. Boys' and girls' club work. Suggestions to local leaders in poultry club work. 1917. (Includes lists of Animal Industry Bureau publications relating to poultry.)
- Bulletin 464. Lessons on poultry for rural schools. 1916.
 - States Relations Service, doc. 57. Raising ducks, geese, and turkeys. Suggestions for teachers in secondary schools. 1917. (Includes list of Farmers' Bulletins relating to poultry husbandry.)
 - Farmers' Bulletin, 182. Poultry as food.
 - Farmers' Bulletin, 801. Mites and lice on poultry. 1917. (Includes lists of Agric. Dept. publications relating to insects affecting health of man and domestic animals.)
 - Farmers' Bulletin, 806. Standard varieties of chickens—American class. 19 pp. illus. 1917. (Includes list of Agric. Dept. publications relating to poultry raising and egg production.)

- U. S. Dept. of Agriculture**—Bulletin, 561. Feed cost of egg production. Results of three years' experiments at Government Poultry Farm. 42 pp. illus. 8 pl.
- States Relations Service, doc. 61. Boys' and girls' club work. Feeding and housing winter layers. 1917. (Prepared in coöperation with Animal Industry Bureau. Includes list of Animal Industry Bureau publications relating to poultry.)
- Bulletin, 471. Eggs and their value as food. 30 pp. illus. 1917.
- Bureau of Animal Industry, Bulletin, 160. The care of the farm egg.
- Farmers' Bulletin, 656. The community egg circle.
- Farmers' Bulletin, 585. Natural and artificial incubation of hens' eggs. 16 pp. illus. 1915.

VEGETABLES AND FRUITS—PREPARATION AND
PRESERVATION

- U. S. Dept of Agriculture**—Farmers' Bulletin, 375. Care of food in the home, by Mrs. Mary Hinman Able. Reprint 1917.
- Bulletin, 123. Extension course in vegetable foods.
- Experiment Station Bulletin, 245. Course in use and preparation of vegetable foods.
- Farmers' Bulletin, 256. Preparation of vegetables for the table.
- Bulletin, 392. Lessons on tomatoes for rural schools.
- Farmers' Bulletin, 521. Canning tomatoes at home and in club work. 36 pp. illus. 1913.
- States Relations Service, doc. 64. Coöperative extension work in agriculture and home economics. Partial substitutes for wheat in bread making. 1917.

- U. S. Dept. of Agriculture**—Farmers' Bulletin, 853. Home canning of fruits and vegetables as taught to canning club members in Southern states, by Mary E. Cresswell and Ola Powell. 42 pp. illus. 1917. (Includes lists of Agric. Dept. publications of interest in connection with this bulletin.)
- Farmers' Bulletin, 839. Home canning by one-period cold pack method taught to canning club members in Northern and Western states, by O. H. Benson. 39 pp. illus. 1917.
 - States Relations Service, doc. 17. Classification of fruits and vegetables for club canning by the cold pack method.
 - States Relations Service, doc. 18. Home canning instructions. 1915.
 - States Relations Service, doc. 33. Some home canning difficulties and how to avoid them. 1917.
 - States Relations Service, doc. 12. Additional recipes, tested and determined for use in boys' and girls' home canning club work. 1915.
 - Farmers' Bulletin, 426. Canning peaches on the farm. Reprint, 1917.
 - Farmers' Bulletin, 203. Canned fruits, preserves, and jellies.
 - Farmers' Bulletin, 841. Drying fruits and vegetables in the home. 1917.
 - Farmers' Bulletin, 900. Home made fruit butters, 1917. (Includes Agric. Dept. publications of interest in connection with this bulletin.)
 - Farmers' Bulletin, 881. Preservation of vegetables by fermentation and salting. 1917.

INDEX

- Accidents:
 - Causes of, 86-88, 137
 - How to avoid, 98-100, 141
 - Police men guard against, 138, 139
- Agriculture, Dept. of, 201
- American Nation:
 - Its beginning, 178
- American wealth, 180
- Animals:
 - Being kind to, 63-70
 - Home for friendless, 67
 - Laws relating to, 63-67, 69
- Apples:
 - Harvesting, 31-33
- Arbor Day, 78, 151-153, 170-172
- Arbor Day procession, 152
- Arithmetic:
 - Advantages in learning, 200
- Bank accounts, boys and girls, 116
- Bank notes, 112
- Baseball, 175, 176
- Beans, as food, 30
- Beautifying:
 - Public lands, 107, 172
 - Your classroom, 26
 - Your home, 150
 - Your streets, 98
 - Your town, 146-154
- Beggars, 86
- Bicycle, 117
- Bill boards, 152, 153
- Bird boarding house, 159, 160
- Bird food, 58, 59, 159, 160
- Bird houses, 156-160
 - Elaborate ones, not necessary, 156, 157
 - Gourd, 156
 - Painting, 158
 - Ventilating, 158
 - Woodpecker, 156, 160
 - Wrens, 159
- Bird landlords, Being, 155-162
- Birds and wild fowl, Saving the, 56-62
- Birds, as insect destroyers, 161, 162
- Bird's Bath, 155, 156
- Birds, danger to, from cats, 60-62
- Bird's nests, 56, 57, 156-158
- Birds, shelters for, 59, 60, 159
- Birds, U. S. books about, 207
- Birds, wild, importance to food supply, 155
- Blind, School for the, 82
- Blind readers, 127
- Bonfire:
 - For fall leaves, 28, 35
 - When dangerous, 142, 143, 168
- Books:
 - How boys and girls should take care of, 104
 - How U. S. takes care of, 101, 102
 - Library books, how loaned, 101, 102, 104
 - U. S. prepares for boys and girls, 34, 35, 206-214
- Boy Scout, 184, 185, 196:
 - Carrying home groceries, 43
 - Cleaning alley, 47
 - How to become a, 186
 - Sewing star on service flag, 199
- Boy Scout camp, 185
- Boy Scout good turns, 186, 187
- Boy Scout law, 187-188
- Boy Scout motto, 186
- Boys' Club work, 33, 34, 35
 - Books about, 34, 207
- Bread:
 - Freshly baked, 39
 - Victory, 194
 - Ways of saving, 40
- Building a town, 146, 147
- Bulletins, Free Government, 206-214
- Camp Fire Girl weaving, 192
- Camp Fire Girls, 189-192, 197
 - Charter, 192
 - Council fire, 189, 192
 - Headquarters, 192
 - Honors, 190, 197
 - How to join, 190
 - Symbols, 191, 192
 - Watchword, 190
- Candy, Better to make it, 116, 117
- Canning and preserving, Government, 202
 - Books on, 213, 214
- Canning Club Boys at work, 34
- Canning Clubs, 34
- Car, How to board a, 99, 100

- Cash and Carry shops, 118
 Cats, 60-62
 Charitable society, 86
 Charter, Town, 147
 Christmas:
 As Uncle Sam wants it celebrated, 84, 85
 At the police station, 85
 In the children's ward, 83
 Citizen, How to be a good, 174-183
 Civil service examinations, 200, 203
 Clean up day at school, 152
 Clubs for boys and girls, 33-35
 Coins:
 Designs on our, 41, 42
 Making, 111, 112
 Columbus day, 74, 75
 Comfort kits, packing, 193
 Conservation:
 Food, 30-40, 202
 In forest and stream, 163-173, 203
 Wild fowl and birds, 56-62
 Wild game, 59-60
 Contagious diseases, 46, 54, 88, 141, 144
 Cooking, Importance of, 88, 89, 202
 Cooking room, making good record in, 24, 26
 Cooperation, 175, 177, 182
 Copyright, 101, 102
 Corn Clubs, 34
 Declaration of Independence, 16, 26, 74
 Democracy, American, 183
 Dependent family, Uncle Sam's, 81-91
 Boys and girls may help, 83-86, 90
 Designs on coins, 41, 42
 Diseases:
 Causes of, 88, 144
 Contagious, 46, 54, 88, 141, 144
 Drawing:
 How it will help, 202
 Drinking fountains, 144
 Drinking water, Importance of pure, 48, 49
 Education:
 A preparation for Government service, 200-204
 Board of, 20
 What U. S. has done for, 19-27
 Election day, 78, 80
 Employment bureaus, 86
 Extravagance, American, 116
 Family working together, 148, 175, 182
 Fats, Family of, 44
 Fire alarm, Learn to send in, 100, 142
 Fire department, Boys and girls can help, 141, 142
 Fire drill, 142
 Fire engine, 68, 139
 Fire, Guardian of the, 192
 Fire lookout, 169
 Fire, Still alarm for, 153
 Fire tower, 166, 168, 169
 Firemen, 139, 140
 Fires:
 Camp fires, dangerous, 168
 Forest, 164, 166, 168
 Boys and girls may help prevent, 142, 168
 Fish-cultural station, Pond, 167
 Fish hatcheries, 166, 167; 172
 Fish, Saving the, 166, 167
 Fishing:
 Vacation, 172
 When forbidden, 172
 Flag, The American:
 Army and Navy flags, 135
 Colonial flags, 77
 Date of establishment, 129
 Half-mast, 135
 How to hang, 131
 In Washington's time, 77
 Passing in parade, 131
 Pledge, 136
 Revenue flag, 135
 Rules adopted by Army and Navy, 131-135
 Shows growth of Union, 72
 Taking care of it, 129-136
 When displayed, 134
 When flown with other flags, 132
 Flag Day, 77, 78
 Flies, as disease carriers, 49-52, 88
 Flytraps, 50-52
 Food:
 Birds as conservers of, 58, 161, 162
 Families, 44, 45
 Green, in season, 39
 Proper proportion, 45
 Saving, 30-40, 202
 Uncovered, danger from, 51, 52
 U. S. Bulletins on, 208
 Wasting, 37
 Wild fowl and game, 58, 60
 Foreign language, Advantage of, 203
 Forest and Stream, In, 163-173
 Forester, Life of a, 164, 166, 168
 Forest fires, 164, 166, 168
 Forest reserve, Scene in a, 165
 Forestry department, state, 151
 Forestry service, 203
 Forestry, Study of, 169-171

- Forests, National:
 Preserving the, 107, 164
 Boys and girls may help,
 107
- Fourth of July, 16, 73, 74
 Ways of celebrating, 74
- Fruit:
 Birds as conservers of, 161,
 162
 Chemical properties in, 39
 Insects that destroy, 161, 162
 Need for conservation, 38, 56
 Preserving, 31-33
 Uses for parings, 33, 40
 U. S. Bulletins on, 213
- Games, 43, 175-179, 181, 182
- Garbage, 37, 43, 51, 88, 142
- Garden:
 Cultivate a, 89
 Fall work in the, 30, 31
 Harvesting in the, 31
 Planting and cultivating a
 school, 25, 26
- Gardening, U. S. books about,
 210
- Geography, advantages of learn-
 ing, 201
- Gifts:
 In school, 108
 Taking care of Uncle Sam's,
 101-109
- Girl who likes to work in the
 kitchen, 39, 40
- Girls; Camp Fire, See Camp
 Fire Girls
- Girls' Clubs, 34, 35
 U. S. books about, 34, 35, 207.
- Gold coins, 111
- Government employees, How
 chosen, 198
- Government work, 202
- Gum for stamps, 122, 123
- Habit, Forming a, 23
- Harvesting boys and girls can
 do, 28-36
- Health:
 Board of Health, 46, 54
 Junior Boards, 47, 51, 54
 Importance of good, 46
 Keeping well, 46-55
 Protecting, Methods of, 48-55,
 144
 Scouts, 47
 Water supply and, 48, 49
- Holidays, Keeping his, 71-80,
 151-153, 170-172
- Home Cooperation, 175
- Home, Country, the best, 90
- Homemakers, 88-90
- Home that U. S. wants boys
 and girls to plan, 90
- Horse:
 Agent arresting man for beat-
 ing, 64
- Horse (cont.):
 Laws relating to the, 65
 Should be comfortable, 65
 Hospital wards, children in, 84
- Illness, How prevented, 46-54,
 144
- Insects that injure plants and
 trees, 161, 162
- Inventions, American, 106
- Jack-o'-lantern, 28, 29
- Kindness:
 To animals, 63-70, 77
 To birds and wild fowl, 56-62
 To the poor and unfortunate,
 84-86
- Knife, Jack, proper use for, 168,
 169
- Labor Saving, 43, 75, 76, 118
- Labor, Scarcity of, 56
- Labor Day, 75, 76
- Lawmakers, Your first, 174
- Laws:
 Fish and Game, 59, 69, 166, 172
 National and state, 63, 180
 Relating to Animals, 63-67, 69
 School, 20, 23, 25, 177
- Leaves, Uses for, 35
- Lee's birthday, 78
- Letter, Adventures of a, 123-
 125
 When the adventures begin,
 125
- Letter boxes, 126
 Care of, 126, 127
- Letters, Registered, 126
- Libraries, Traveling, 104
- Library:
 Congressional, 102
 Public, 75, 101
 Boys and girls may have
 good times in, 101, 103
- Library book cards, 104
- Library books, 101, 102, 104
 Boys and girls should take
 care of, 104
- Life saving, 137-145
- Lincoln's Birthday, 78, 79
- Mail, early ways of carrying,
 121
- Mail cars, 123
- Mail clerk, 123, 124; qualifica-
 tions of, 124
- Mail trains, 123
- Mail tubes, 123
- Manual training, 21, 88, 195, 202
- Meat and meat substitutes, 30,
 36, 44
 U. S. Bulletins on, 211, 212
- Medical profession, 201
- Melons, 30
- Memorial Day, 78

- Mineral and acid family, 44
 Mints, U. S., 110
 Money:
 Coining, 110, 111
 Equivalent for, 115
 Hoarding, 114
 Indian, 114
 Interest on, 116
 Order, 126, 128
 Paper, 112
 Printing, 114
 Saving, 41, 42
 Spending foolishly, 115
 Wisely, 115-117
 Stamping, 112
 Using it in the best way, 110-120
 Mosquitoes, danger from, 52-54
 Museum:
 Learn all you can in the public, 105
 Of natural history, 54
 Uncle Sam's at Washington, 104
 Your town, 106
 National laws, 180
 Nature study, 169, 203
 Neighborliness, 84
 Nuts, as substitutes for meat, 36, 44
 Nutting, 28, 35, 36
 Old people's home, 82
 Orchard, work in the, 31
 Orphan asylum, 82, 83
 Orphans, 81, 82, 84
 Pages in U. S. Senate, 203, 204
 Paper cups, 144
 Parcel Post, 126, 128
 Parcel Post zones, 128
 Parks, National, 107, 180, 203
 Patents, Government, 106
 Patriots' Day, 78
 Pears, Preserving, 31, 32
 Pig Clubs, 34
 Pig will increase the food supply, A, 41
 Plants injured by insects, 161, 162
 Play:
 Dangerous, 87, 88, 98
 Safe, 99
 Playgrounds, 99, 177, 179
 Playing together, 176-179, 182
 Poles, Telephone and electric light, 153
 Policeman:
 Christmas party for the poor, His, 85
 Duties of, 137-139
 Friend to boys and girls, 137, 138
 How boys and girls can help, 141
 Policeman, Junior, 141
 Traffic, 137
 Postage stamps, 122-124
 Postal regulations, 127, 128
 Postal service:
 In Colonial times, 121
 To-day, 122
 Postman's whistle, When Uncle Sam blows the, 121-128
 Post Office department, 121-128
 Poultry:
 Clubs, 34
 U. S. Bulletins on, 212
 President of U. S., Any boy may become, 204
 Proclamation, President's, 74, 76
 Property, Public, Taking care of, 180
 Property rights, Respecting, 174, 175, 178, 180, 181
 Protein foods, 44
 Quail:
 Helpful to farmer, 56, 58
 How to protect, 58-60
 On nest in cornfield, 57
 Straw and frame shelter for, 59
 Quarantine station, 141
 Quiet zones, 154
 Red Cross, Junior, 193-196
 How to join, 196
 Motto, 195
 School auxiliaries, 196
 Working for, 195
 Registration blank, 128
 Resolution of Congress, 129
 Rights:
 Of individuals, 174, 175
 Property, 174, 175, 178, 180, 181
 Road, Following the, 92-100
 Road drag, 98
 Roads:
 Building, 95
 How they benefit the community, 95, 96
 The first, 94
 Ross, Betsy, 129
 House, 130
 Rules, Who make them, 181
 Rural free delivery, 123
 Saving:
 Different from hoarding, 115
 Life, 137-145
 Wages of delivery boy, 117, 118
 Ways of, 37-45, 118
 School:
 And team work, 177
 As preparation for U. S. work, 200-204
 Auxiliary of Junior Red Cross, 196
 Census, 20
 Clean up day at, 152

- School Committee, 20
 Directors, 20
 Districts, 19, 20
 Flag, 26, 132
 Free gift of U. S., 24, 25
 Garden, Planting and cultivating a, 25, 26
 Government, 20
 Helping Uncle Sam at, 23-26
 Laws, 20, 23, 25, 177
 Lunch, 38
 Officers, 20, 25
 Outdoor, 169
 Pageant, 73, 75
 Sanitation, 54, 144
 Supplies, 108
 Taxation, 22
 Tests, 200, 203
 Truants, 25
 Visitors, 20
 Ways to improve your, 26, 152
- Schoolroom, Uncle Sam in the, 19
- Seeds, gathering and drying, 29, 30
- Service, Junior, 184-197
- Sidewalks, cleaning the, 93, 96, 142, 144, 149, 150
- Snow-cleaning squad, 96, 97
- Snow plow, 92
- Snow storms interrupt business, 92
- Soldiers' or Sailors' Home, 82
- Soldiers, Work to do for, 193, 195
- Soup, Saving vegetables for, 40
- Spending wisely, one way of saving, 42, 43
- Stagecoach, 121
- Stamps, Postage, 122, 123
- Starch family, 44
- State laws, 59, 63, 66, 68, 180
- States, Similar customs of, 181
- Stealing rides, a source of injury, 87, 88
- Streets:
 Cleaning the, 75, 140, 143, 184
 How boys may aid in cleaning, 93, 96-98, 142, 144, 184
 Keeping them beautiful, 98
 Keeping them safe, 93, 94, 98, 99, 140
- Sugar family, 44
- Taxes, 22, 86, 115, 148
- Teamwork, 176
- Teeth, Clean, 53, 54
- Thanksgiving day, 76, 77, 83
- Thrift, 41-45, 114-120
- Thrift stamps, Buying, 113
- Town, The:
 All the family can help improve, 148, 150
 Boys and girls can help improve, 149, 150
 Keeping it beautiful, 146-154
 Natural growth of, 146-149
 Trade, Learning a, 21, 88
 Tramps, 85, 86
 Tree, Story of a, 170, 171
- Trees:
 Colonist's ideas about, 163, 164
 Indian's regard for, 163, 164
 Injured by insects, 161, 162
 Planting, 151, 153, 171, 172
 Preserving, 151
 The Indian's way, 163
 Uncle Sam's way, 164, 166, 168
- Uncle Sam:
 Appearance, Personal, 3, 18, 19, 24
 Army of everyday helpers, His, 198, 199
 How chosen, 200
 Army, Peaceful, behind the lines, 34
 Blows postman's whistle, 121-128
 Books, How he takes care of, 101-104
 for boys and girls, 34, 35, 206-214
 Cleans the streets, 93
 Clubs for boys and girls, His, 33-35
 Commands, His—
 "I want you," 3, 18
 "Obey the law," 174, 180, 181
 "Respect property rights," 175, 178, 180, 181
 "Coöperate," 175, 177, 182
 Declaration of Independence, His, 16, 26, 74
 Family, His dependent, 81-91
 large, 178
 proud, 183
 Flag, His, 129-136
 Getting ready to work for him, 198-205
 Gifts, Taking care of his, 101-109
 Goes to school, 19-27
 Headquarters, His, 63
 Helping him, Chapters I-XXI
 Holidays, Keeping his, 71-80, 151-153, 170-172
 Homemakers, His, 89-90
 Junior service, His, 184-197
 Money, How he coins, 110-111
 When he borrows, 113, 114, 116
 Preservation in forest and stream, 163-173
 Protecting animals, 59-60, 63-70
 Birds and wild fowl, 56-62, 155-162
 Human life, 98-100, 137-145

- Uncle Sam (cont.):
 Roads, Building, cleaning, and
 improving, 92-100
 Saving he wishes you to do:
 Food, 28-40, 44, 45
 Health, 39, 46-55
 Labor, 43, 75, 76, 118
 Life, 137-145
 Money, 41, 42, 113-120
 Wild fowl and birds, 56-62
 Soldiers, His, 182, 184, 193,
 195, 196, 199
 Songs, His favorite, 26
 Surprises for him, 24-26, 150
 Thrift stamps, His, 113
 Towns, Improving his, 146-
 154
 Wealth, His, 180
 Who he is, 15-18
 Uniforms, Government, 198
 United States, Meaning of the,
 180, 181
 United States mints, 41, 110
- Vegetables:
 As food, 30, 39, 44, 56
- Vegetables (cont.):
 Saving tops, for soup, 40
 Seed, 30, 115
 U. S. Bulletins on preparation
 and preservation, 213
 Veterinary hospital, 68
- Washington, Gen., saying good
 bye to his soldiers, 73
 Washington's birthday, 71, 72
 Thanksgiving proclamation,
 76
- Water, Importance of pure, 48,
 49
- Wealth:
 Articles representing it, 115
 How acquired in your town,
 118
 National, 180
- Wohelo, 190
- Work, Opportunities for in your
 town, 119
 For Uncle Sam, Getting ready
 to, 198-205
- World's dining table, The, 56

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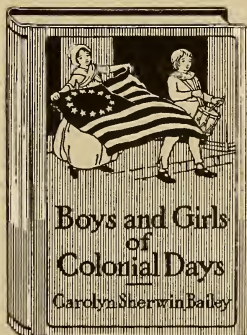
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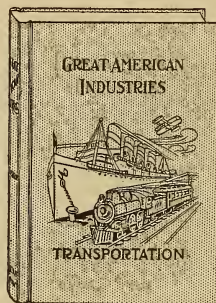
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