



ITALIAN-AMERICAN CLUB

No. 205 SOUTH FIRST STREET

LOUISVILLE, KY.

Mother of all the Italians
in Louisville

Oct 5/25

My Dear Miss Ingram

Columbus Day comes but
once in twelve months and on such
occasions we do not care to forget the
good mother of the little Italians.

Those whom you have thought to become
good Italian-American citizens will
be glad to see you among them on
next Monday Ev. at the Beebeak Hotel.
It is now up to you not to dissapoint
them.

Enclosed find your ticket to the Banquet
and be sure to put on your dancing pumps
for we are going to have a hot old time.
With best wishes from,

The Italian-American Club
for J. P. Sula

A Community Kitchen in a Neighborhood House

Frances Ingram, Head Resident, Neighborhood House, Louisville

In January the food administration order that with each purchase of wheat some other cereal should be bought went into effect. Soon it came to our ears at Neighborhood House in Louisville that many of the neighbors of the settlement were making no use of the cereals so bought. One woman threw away the unfamiliar cereals she had bought; another said her stomach could not digest such things as corn meal; another conserved hers by giving it to a colored woman, who no doubt was able to use it. Another neighbor, more provident, had stored on her shelves all the packages unopened. An Italian woman said "me maka da corn bread; it coma no good."

So here was our problem. We knew, of course, that our immigrant neighbors cooked each in the fashion of her own people in the old country. To attempt to teach them to eat our American food would be to them like our attempting to co-operate with Mr. Hoover by eating—oh, say snails or bird nests! Besides, they would probably revert to the simpler method of ignoring all strange cereals. Our neighbors are Jewish, American, Italian and Syrian. Their food and their methods of preparing it are as distinctive as their manners. Each nationality has a decided preference for the dishes peculiar to that nationality. It seemed reasonable to conjecture that if a study were made of the flavorings and seasonings peculiar to each nationality that the wheat savers and the meat savers or substitutes might be used with these flavorings and seasonings with a result gratifying to each particular group. For instance, rice which has no flavor of its own, could be satisfactorily combined with any native seasoning. The neighbors were asked whether they would come to a community kitchen to learn to use these strange cereals. The response was eager, and plans for a community kitchen at Neighborhood House were begun.

Co-operation in Government Plan

Just about this time the woman's committee of the Council of National Defense and the demonstration committee of the State Department of Agriculture were considering the establishment of a central war kitchen for Louisville, where housekeepers might learn the prin-

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ciples of the preparation of food and the use of the substitutes recommended by the Food Administration. As no funds were forthcoming for the equipment of such a war kitchen, they cast about in the city for centers already equipped where they might send trained instructors.

Neighborhood House has a domestic science department where all last year it conducted demonstrations in conservation and canning of foods. The women in the neighborhood came through the summer to do their canning, at Neighborhood House, by the cold pack method of the government. We expect not only to can next summer, but also to do much work in drying of fruits and vegetables. But at this time it seemed wise to enlarge our scope of work at once so we asked for the services of one of the trained domestic science instructors in the employ of the committee.

The neighbors were invited. A different time was assigned each group. A program was arranged for the first lesson of each series. Besides musical numbers, an inspirational talk was given. The women came with their whole families, as they have been accustomed to do on special occasions at Neighborhood House. After the formal program, the mothers were invited to the room where the demonstration was held. The fathers and young people either danced in the gymnasium or amused themselves in the game room or on the playground, and, as is the custom at Neighborhood House, the residents cared for the small children. For each of the following demonstrations several musical numbers were arranged for the pleasure of the early comers.

In order to work out the Jewish group which was mainly Russian and Orthodox, the committee on Immigrant Aid of the Council of Jewish Women gave valuable assistance in visiting and urging the Jewish women to come to Neighborhood House community kitchen. A special set of dishes were purchased for the Jewish demonstrations. These dishes are washed only with Kosher washing powder and are kept in a closet which was given over to them. The chairman of the Immigrant Aid is a Jewish woman of orthodox extraction, whom the orthodox trust. She is present at every demonstration to see that all the dietary laws of the orthodox kitchen are carried out. The rabbi's aid was enlisted through the president of the Council of Jewish Women, and in his pulpit he urged the women of orthodox faith to do all in their power not only for the boys "over there" but for their families over here by assisting the government in learning to prepare properly the wheat and meat substitutes. To help advertise the community kitchen, bill heads were printed stating the time of the meeting and also saying that dietary laws would be observed in all cooking lessons. These dodgers were left at Kosher butcher shops and grocery stores frequented by Jewish women. Both the shop keeper and the grocery man were glad to distribute these bill heads because the women had been coming to them for advice and information about their food problems. In establishing a community kitchen it is well to enlist the interest of the grocery keeper because it is he who first hears the complaint if the substitutes do not work out well.

Demonstrations in Foreign Communities

Although the idea of a community kitchen is that the demonstration shall be followed by practice in the kitchen afterwards under supervision, so far the work at Neighborhood House has been mainly that of demonstration, the housewife carrying away with her the government leaflet containing the receipt whenever it is possible to obtain this leaflet. When this cannot be secured, a typewritten receipt is given each woman. At the demonstration the receipt is written in the native language along side the English receipt. The room in which the demonstration is conducted is equipped with a small, two-lid stove with an oven. We are also investigating to find out whether slides on foods or moving picture films on foods can be obtained to supplement or enhance the demonstrations. Neighborhood House is simply making an experiment and so I come to you with only a suggestion of what I hope has great possibilities. It is too soon to proclaim results.

We collected receipts from the women of the various groups—Jewish, Italian, Syrian. Aside from being necessary to us in our effort to adapt the substitutes to their receipts, there was a subtle compliment in this to which the women responded enthusiastically. At the next Syrian demonstration the women are going to prepare a Syrian dish in exchange for an American receipt. At the last meeting of the mothers' club a Jewish woman made a contribution of *strudel*, a delicious Russian dish which was made of a substitute flour and served with coffee for refreshments. When the receipts were collected, they were turned over to food experts for suggestions as to the best methods of adapting to the war program. Mrs. Maury and Mrs. Tachau, who have charge of the penny lunch department of the Louisville public schools, were the experts called on for advice. They were delighted with the receipts. It was most thrilling to discover that the women living in the most congested district of the city had excellent receipts to contribute. These foreign women have a real knowledge of cookery. They follow scientific principles without knowing it. They can make a real contribution to America. We found that, more than in anything else, the women are interested in bread. This is because the amount of wheat flour bought is reduced by the necessity of buying other cereals with it. The women are taking pleasure in experimenting with the cereals. One Jewish woman made noodles out of barley flour and boiled them in milk. These she gave to her husband for breakfast. Unconsciously she had gotten the highest food value by combining milk with noodles. Most people boil noodles in water. From the scientific standpoint, the Kosher food of the Orthodox Jew is an ideally balanced ration. In their receipts, the Jews do not accumulate the tissue building foods. For instance, milk or butter is never combined with meat. They use milk with cereals, and meat with vegetables or cereals.

Syrians Are Natural "Hooverites"

Many interesting facts were discovered in this collecting of receipts.

The Syrians, we found, had much to show for the long centuries behind them. Due doubtless to the hardships of ages, they have eliminated the frills from their cookery and have gotten down to the nutritional value of feeding, so that a single dish contains all the elements of a well-balanced meal. For instance, here is a typical receipt called *loubie*: "Onions, green beans, potatoes, tomatoes, olive oil."

Here are represented protein, carbohydrates, minerals, cellulose and condiments. Among our Syrian neighbors "cubie" is the favorite dish. No Sunday passes without "cubie," if the Syrian is able to prepare it. "Cubie" contains a number of ingredients strange to American cooks, such as "kernel of pine, green peppermint, sweet majorem, sweet maza-dam combined with the quite familiar leg of mutton, grits, mixed spices, peppers, chopped onions, butter and olive oil."

Their receipts require less adaptation than those of any other group. They use rice and mutton mainly with many condiments. Rice and mutton are the foods which the government encourages the use of. As the government asks curtailment in the use of beef and pork only, the Syrians are in line with government requirements since they use mutton in preference to other meats. In their own country they were able only to get mutton because sheep were the only animals that grazed on their hills. For their favorite wheat grits, corn grits may be substituted easily. One Syrian woman said that she was very anxious to learn how to cook as the Americans do, "because the Americans use milk and eggs which are so good for the children while we, very early, give our children all kinds of fried foods and mutton to eat." The fact that the Syrians in their native land do much of their cooking over a single brazier and have a scarcity of fuel probably has caused them to combine many ingredients in one dish.

The Italian also has developed many single, one-meal dishes. Spaghetti is an excellent example of a well-balanced meal in a dish. The *polenta*, mush with grated cheese and butter, corresponds to our mush and milk. Both the Italian and the Syrian formerly used olive oil in their cooking, to the exclusion of other fats. Who will question their use of oil when they behold the wonderful complexion of the Italians and Syrians. On account of the high price of oil at present, they are experimenting with different American oils and fats. The Italian accepts any food substitute more cheerfully than the American cheese. This he prefers to do without rather than use. He considers it fit only for a rodent. Let us hope that at this time when so many foods are being improved that the American cheese may receive the attention necessary for its improvement.

The maximum cost of a demonstration so far has been 67 cents, which covered the cost of two receipts,—one, *Calcutta Rice* containing rice, tomatoes and cheese; the other, *Hominy and Cheese*—both meat substitutes. The minimum cost of a demonstration has been 24 cents, which covered the cost of both spoon bread and corn meal muffins. The majority of the women have tried the receipts in their own homes and

have pronounced them good. At first the foreign women did not like corn bread but now after having learned the proper way of preparing it, they like it very much. Even the woman who said her stomach would not digest such a thing as corn meal, now sings the praises of corn bread.

Lesson for American-Born

Not only the foreign neighbor is receiving attention in the community kitchen at Neighborhood House, but the American women and girls as well are being drawn into the classes. We hope that one outcome of our community kitchen will be not only an exchange of receipts but a finer appreciation of the characteristics of our foreign sisters on the part of the American women. The open-minded American woman not only can learn a new art of cooking, but can gain much from the frugal methods of the foreign housewife. The old saying, that the English can live on what the Americans waste, that the French can live on what the English waste, but that a mouse would starve on what the French waste can be carried still farther. It would take an animal smaller than the smallest mouse to live on what the Jews, the Italians and the Syrians waste. So many Americans are bakery or can-opener cooks. They eat only the food prepared at the bakery or that which comes in a can from the grocery. Food experts today are proclaiming aloud the fact that it is necessary for Americans to change their eating habits to build up the nation.

Just as America has gained much by encouraging the immigrant to preserve his native songs and dances in this country, so the immigrant has become a better American by keeping his traditions and adapting them to his new home. Pride in native background has made for self-respect and good citizenship in America. We all know that, cut adrift from his old moorings, the immigrant, and especially his children, are a prey to faddish and vicious ways. Happy as we are to help these women in their desire to co-operate with the Food Administration, there is greater gratification in the thought that in helping them to adapt their traditional receipts to the present war program, we are helping in preserving to them the old background, and in the making of them Americans "up-to-date"—proud of being American, not ashamed of having been European.

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JEWISH DIETARY PROBLEMS

BY
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JEWISH DIETARY PROBLEMS

MARY L. SCHAPIRO

New York City alone has two hundred and seventy-five thousand Jewish children in its public schools. One has but to remember this to be convinced that home economics teachers of the Jewish districts are confronted with a difficult task. Yet after two years study on the East Side of New York City, visiting the schools, school lunch rooms, Jewish philanthropic institutions, and a great many typical Jewish homes, I have come to the conclusion that the difficulty arises from ignorance which an adequate background of information could in a large measure remove. This information groups itself naturally into two divisions, each dependent on the other. The first is a knowledge of the dietary laws by which all orthodox Jews live and which may not under any circumstances be violated without the risk of alienating the child. The second is a knowledge of the characteristic Jewish food habits, good and bad. Both of these factors should be used in the application of the principles of nutrition and cookery.

While the following list of dietary laws is not exhaustive, it covers all those that are now regarded as essential.

Prohibition of Animal Foods. Absolute and partial prohibitions:

Unclean animals are absolutely prohibited. Their offspring is also prohibited, so also is that which comes out of either. "Clean animals are all quadrupeds that chew the cud and also divide the hoof." All others are regarded as not clean. The swine, weasel, mouse, four kinds of lizards and the chameleon are distinctly listed as unclean.

Products of animals that are suffering from some malady or that have died a natural death or had eaten poison are regarded as "terefah" and may not be used.

"All animal food which is not obtained by killing in the *prescribed manner* and after adequate inspection by a duly authorized official may not be used."

Blood was regarded by the ancient Hebrews, and is by many primitive peoples today, as the vital part of the animal which must be given back to God. Fish does not come under this category, possibly because it is a cold-blooded animal.

"Fish that have fins and scales—none other—may be eaten." This would bar all shell fish, such as oysters, or lobsters, as well as fish of the eel variety. There seems to have been some good dietetic reason for this, as the Eastern waters were doubtless often polluted and there may

have been cases of poisoning resulting from the mistaking of poisonous water snakes for eels.

No scavengers or birds of prey are to be eaten. These are regarded as unclean.

Roe of unclean fish is forbidden.

The suet of ox, sheep, or goat is forbidden (not the fat). Fat of birds or permitted wild animals is not forbidden.

An egg yolk with a drop of blood on it is considered as an embryo chick and is forbidden.

The following partial prohibitions are fully as important as the above:

"After the proper cut of meat is secured from the proper kind of animal which has been slaughtered in accordance with Jewish Law, it is to be soaked half an hour to soften the fibre and enable the juice to escape more readily when salted. (The pan used for this purpose may not be used for anything else.) The meat is then thoroughly salted, placed on a board which is either perforated or fluted, and placed in an oblique position so as to enable the blood to drain off. It is allowed to remain thus for one hour, after which time it is to be washed three times. The washing is for the purpose of removing all the salt. This process is called 'Kashern,' and is regarded as very important.

"Meat left for three days or more unsoaked and unsalted may be used only for broiling."

"Bones with no meat and fat adhering to them must be soaked separately and during the salting should not be placed near the meat."

"The liver must be prepared apart from the meat. It is not kashered as is meat, but cut across in two directions, washed, salted, and broiled over an open fire. When seared on all sides water is poured over it to remove the blood. It may then be used as is kashered meat, for the heat is supposed to have removed all the blood. Chops and small steaks are treated in the same way."

"Chops and steaks may be broiled as above."

"The heart may be used but must be cut open lengthwise and the tip removed before soaking. This enables the blood to flow out more freely. Lungs are treated as is heart. Milt must have veins removed. The head and feet may be kashered with the hair or skin adhering to them. The head must have the brain removed. This latter, if used, must be kashered separately."

"To kasher fat for clarifying remove the skin and proceed as with meat."

"In preparing poultry it must be drawn and the insides removed before putting into the water. The claws must be cut off before kash-

ering. The head must be cut off. The skin of the neck must be either turned back or cut so that the vein lying between two tendons may be removed. This extends all the way to the back. At the back of the neck its two branches must be removed."

"Eggs found in poultry with or without shells, must be soaked and when salted placed on the board in such a spot that the meat does not drain upon them. Such eggs may not be eaten with milk foods."

Hindquarters are forbidden because of the fact that "when Jacob wrestled with the angel the patriarch was lamed."

While the last prohibition is observed in this country, I am told by a rabbi that this is not the case everywhere. The Biblical provision permits the use of hindquarters if properly porged. The packing-houses, however, find that the hindquarters bring too high a price in the non-Jewish market to warrant their bothering with the porging.

"Seething a kid in its mother's milk is forbidden."

This is the origin of the prohibition against the cooking of meat and milk together or of the eating of such mixtures. This rule is rigidly adhered to and in its present application necessitates the use of a complete double equipment of dishes, and utensils. Since this rule is regarded as one of the most important, one can understand why such sauces as butter sauces are refused at meals with meat. This rule occasions the home economics teacher considerable trouble in planning menus.

"Meat and fish should not be cooked or eaten together, for such a mixture is supposed to cause leprosy. The mouth has to be washed after eating fish and before meat may be eaten."

In addition to the above regular daily restrictions there are the periodic restrictions that the teacher should know.

Sabbath: No food may be cooked on the Sabbath. This means that all the cooking for both days is done on Friday. This need has led to the development of foods such as Sabbath Kugel or Sholend, Petshai, and many others.

Passover: During Passover week no leavened bread or its product, or anything which may have touched leavened bread may be used. This restriction holds for eight days. In every Jewish home a complete and most thorough system of cleaning precedes this holiday. No corner escapes a scrubbing and scouring, lest a particle of leaven, or what is just as bad, a particle of food which may have touched leavened bread, should be found. A complete new set of dishes is in use during the week. Cutlery, silver, or metal pots may be used during this holiday if properly kashered or sterilized. The usual method of doing this is to plunge red hot coals into boiling water and then to immerse the desired

utensils. These or any other Passover utensils may be used after the holiday is over without re-kashering, but once used without Passover precautions they are unfit for Passover use unless re-kashered. In actual practice this means that in every orthodox Jewish household there are four sets of dishes—the usual set for meat and the set for milk food, in addition to duplicate Passover sets. The Passover dishes are stored away very carefully lest some leaven come near them.

Because of the need for abstaining from leavened bread during Passover, many interesting dishes have developed such as the Mazzah Klos (dumplings) soup, cakes and puddings made of the mazzah meal. Almond pudding and cake are very popular. Almost all of the food cooked during this holiday requires the liberal use of shortening or fat, with great danger of a too liberal use for health, as well as from the economic point of view. The fat generally used is either goose or chicken dripping, or clarified beef fat other than suet. This is prepared as early as Hannuka (Feast of Lights), occurring in the middle of December. The drippings are generally savory and very fine.

Fast Days: a. Yom Kippur (The Day of Atonement). No food or drink may be had for twenty-four hours. b. Fast of Esther. This precedes the Feast of Purim and is now observed only by the very pious. The feast is universally observed.

Semi-Fast Days: Eight days in Ab—For nine days no meat food may be eaten by the orthodox. Since this comes in the heat of the summer it must have been a rather welcome restriction dietetically.

“The many dietary and ceremonial laws to which orthodox Jews conform,” says a writer in the Jewish Encyclopedia, “have naturally evolved a particular kind of culinary art.”

The wanderings of the Children of Israel since Bible times has considerably added to their skill as cooks and has modified and varied their tastes. It has made Jewish cookery international. For example, from Spain and Portugal comes the fondness of the modern Jew for olives and the use of oil as a frying medium. The sour and sweet stewing of meats and vegetables comes from Germany. The love of pickles, cucumbers, and herrings comes from Holland, so also does the fondness for butter cakes and bolas (grain rolls). From Poland the Jewish immigrant has brought the knowledge of the use of Lokschen or Fremsel soup (cooked with goose drippings), also stuffed and stewed fish of various kinds. From Russia comes Kash, made of barley or grits or cereal of some sort which is eaten instead of a vegetable with meat gravy. Blintzes are turnovers made of a poured batter and filled with preserves or cheese, and used as a desert. Sholent, sometimes called

Kugel, are puddings of many kinds, such as Magan, Lokschen, Farfil. Zimes, or compotes of plums, prunes, carrots, and sweet potatoes, turnips and prunes, parsnips and prunes, and prunes and onions, are all puddings, and come from Russia. Zimes of apples, pears, figs and prunes are southern Roumanian, Galician and Lithuanian as well.

Here is a list of some of the most characteristically Jewish dishes.

Soups are the great standby of the poor. Krupnick is a term used for cereal soups made of a cereal like oatmeal, with potatoes and fat. When the family can afford it meat or milk is added as the case may be. This is the staple food of the "Yeshibot" (schools to which Jewish boys are sent to be instructed in Rabbinical lore). When there is neither meat nor milk in the soup it is called "Soup mit nisht." This really is "Supper mit nichts."

Borsht is a form of soup. It is made of either cabbage or beet-root and russel (juice derived from the beet). This is made by the addition of meat, bones, onions, raisins, citric acid, sugar, and sometimes tomatoes. Eggs are added just before serving to whiten it. This is called "farweissen."

Gehakte Herring is really a salad made of chopped boned herring, with hard cooked eggs, onions, apples, pepper and a little vinegar and sugar. It is used as an appetizer in the form of a canape.

Sabbath Kugel or Sholend is a dish of meat, peas and beans, sometimes barley or potatoes as well, which is placed in the oven before Sabbath and which is usually eaten hot on the Sabbath. This dish is sometimes also called a Shalet. Those who call this dish a Shalet or Sholend usually mean pudding when they speak of Kugel. These three terms are used interchangeably by different people.

Petshai or Drelies, characteristic of South Russia, Galicia and Roumania, is a calves' foot jelly made at home. (Commercial gelatin is prohibited.) The calves feet are cleaned by first singeing off the hair. They are then kashered and stewed with onions and seasonings of salt and pepper. Like the Sabbath Kugel, this is placed in the oven the day before and is ready hot by Sabbath noon. What is left is freed from bone, has hard cooked eggs and vinegar added, and is allowed to congeal. This forms a sort of aspic which is served cold in the later afternoon.

Strudel is a single layered jelly or fruit cake and takes the place of pie as a dessert. It is usually rolled. The dough is as thin as tissue paper.

Teigachz is a pudding sometimes called Kugel or Sholend and may be made of rice, noodles, farfil, or even mashed potatoes. These usually have some drippings, eggs and flavorings added.

Gebrattens is pot roast and is usually accompanied by Kasha, though it is often served with potatoes which have been cooked with the pot roast. These are really stewed to a golden brown. Onions are always an important ingredient.

Almond Pudding is a favorite because it requires neither meat nor butter and can therefore be eaten at either type of meal. It is made of almonds, eggs, sugar, cinnamon, and lemon rind, and baked.

The obstacles to the use of meat have developed a taste for fish, as well as for cheese and milk products. Since fish is not a warm-blooded animal it may be eaten in conjunction with milk and milk products. This is an added reason for its popularity. The celebration of the Sabbath and the eating of fish have always been associated. The author already alluded to says that "from no orthodox table is fish absent at one or more of the Sabbath meals, however difficult it may be to procure." In inland countries like Poland the Jews are limited to fresh water fish. I have known people, who could barely afford bread during the week, to pay as much as forty or even fifty cents per pound for their Sabbath fish. Salmon is a favorite kind of fish. "This is fried, white stewed, or brown stewed." Smoked salmon, pickled herrings, and pickled pickerels are served as appetizers by the Russian Jews. Most characteristic of all the fish dishes, perhaps, is the "gefilte fish," for which carp, white fish, and pike are most generally used. Part of the flesh of the fish is removed and chopped with onions, bread crumbs, seasonings, and egg. The mixture is returned to the fish, which is then cooked or stewed with more onion and a large amount of pepper for several hours at a low temperature. The long slow cooking develops the flavor of the different kinds of fish which blend and form a most palatable dish. While Jewish fish dishes form excellent appetizers, or even entrees, I do not think they are desirable as the main dish of the meal because of the high seasoning. For this reason they are particularly bad for children, and the home economics teacher has a real missionary task to perform in creating a taste for less highly seasoned food.

The dietary restrictions on the use of butter and meat at the same meal limit the use of vegetables. Jewish people are therefore not as fond of them as they ought to be for their own physical well being. One form in which vegetables may appear at the same meal with meat is with a sweet and sour sauce—a brown sauce to which citric acid, or vinegar and sugar have been added. If this is well made it is good, but the making of sauces is always an art. Stewed fruits are almost unknown. Preserves and wonderful preserves are plentiful. Plain stewed fruit has its nearest approach in the zimes, but as a rule these

are really rich enough to be a conserve. While this might do in small quantities as a dessert it would not do as a breakfast fruit. Fruit does not appear at breakfast as much as it should.

Some of the limitations of the diet, when unchanged by instruction, are evident. It is inadequately balanced, over-rich and over-seasoned. These facts make it imperative that the domestic science instruction should be of such a nature that the children will feel its value, yet there are reports of the teaching of the use of lard in bread and pastry lessons. I have personally not found such a blunder in any of the schools that I have visited. Usually a neutral vegetable fat was used. Instruction in the schools should aim at correcting some of the dietary defects. This is only possible when the teacher has the child's complete confidence, and this, as everyone knows, can never be gained when religious scruples are violated.

The schools are not alone in facing this problem. All social welfare workers have met it.

At the time when this investigation was made it was found that the Jewish charitable and philanthropic institutions observing religious restrictions generally made an attempt to furnish an adequately balanced diet. Some succeeded excellently, balancing their day's rations by the liberal use of milk and fruit. In others, however, particularly in some poorer day nurseries, conditions were far from satisfactory for the health and growth of the little ones under their jurisdiction. For example, tea, coffee, or milk, instead of only milk, were offered by the investigated places. That tea and coffee should be offered at all to children under eight years of age seems pitiful; that tea and coffee should be put in the same class with milk is wrong. In nearly all of the menus meat appears every day. Cereal and fresh fruit and vegetables do not appear in most of these institutions as often as they should. In many cases they are so seldom used as to make their absence stand out as one of the striking defects of the diet.

The difficulties of cultivating a taste for the simpler foods are strikingly illustrated by an experiment extending over a period of eleven weeks, an experiment which demonstrated at the same time that the problem is capable of solution, even with grown-ups. During the summer of 1917 about one hundred and twenty-five girls spent two weeks on an average in a vacation house. On their arrival nearly all the girls looked pale, anaemic and half starved. In an incredibly short time the rest and good air coupled with the delightful surroundings gave them perfectly enormous appetites. Apparently they could eat everything, yet the first introduction of vegetables with bland sauces of any sort usually furnished a left over problem. The girls simply re-

fused to eat them regardless of their hunger. The same vegetables served as stews, ragouts, casseroles or pot-pies, well seasoned, were relished. If these vegetables were served as salads with mayonnaise dressing they remained untouched. The only exceptions were as a rule those girls who had already begun to break away from this part of the faith and to eat "grass" in restaurants. When these vegetables were served with a sharp French dressing they were favorites. However, even by the end of the short period of two weeks many of the girls expressed a decided preference for the stewed fruit over the compote, and considered the creamed vegetables "eatable."

I had great difficulty in getting the girls to eat the breakfast cereal, yet they ate all kinds of cereals in soups. Except for rice pudding, really a sort of cake as it is made, the possibilities of cereals are not at all worked out. It is needless to suggest to the home economics teacher the value of cereals in the diet, and the fact that their use ought to be stressed. As to the remedies, the answer is difficult. Certainly one ought not to turn one's back on the problem. In addition to a knowledge of the food which the Jewish people eat and relish it is necessary to have an understanding of its valuable features as well as of its shortcomings. With this background one should teach the application of the principles of nutrition and cookery to their own diet, pointing out the places where modifications are necessary. Modifications are important, as even the children are likely to prefer the highly seasoned to the bland foods. Modification of the dietary tastes of a people is, of course, a slow and oftentimes thankless task, but when one realizes the evils attending the constant irritation which the high seasoning produces, one cannot help the desire to undertake it.

At the outset it is well to remember if one is to make any progress, (1) that the Jewish women are as a whole good cooks, and (2) that because of the long, slow cooking to which their food is subjected it is as a rule easily assimilated. Thus the problem is not to get them to adopt American cooking but to modify their own style of cooking so as to eliminate its harmful features while preserving its beneficial qualities.

One must not forget that while the diet of the poorer Jews is a somewhat narrow one, it is one which yields a greater return for the amount of money and energy put into it than does that of the poorer American; for they have the secret of making a little go a great way. There are dozens of ways in which the Jewish housewife utilizes a little fresh meat. But, on the other hand, she does not as a rule use leftovers. This is because she seems to feel that since the meat is generally part of the main meal of the day, to use the same bit of food in the same

form twice in succession would be unattractive and, not having ingenuity enough to change its form, she discards it. Here is a chance for conservation work along the line of teaching attractive ways of using left-over cooked food.

Our real problem is, therefore, first, to discover just how to make them see the need for an adequately balanced diet, and second, how to make them follow it. All people, but especially the Jewish people, need to have their attention called to the fact that unless they make a conscientious effort their diet is likely to be deficient in mineral matter. Although Jewish people are fond of milk it is generally regarded as a luxury, and as the need for economizing becomes greater their milk bills tend to become smaller. This is something, under all circumstances, to be guarded against, but is an especially serious matter in the case of a people who eat so few vegetables. As among the poor of all peoples, there seems to be a tendency to substitute tea and coffee for milk as the beverage of children. Emphasis on milk is of real value.

Teaching the conservation of wheat, meat, sugar and fat has not been difficult, for it is interesting to note that the Jewish people are naturally more fond of rye than of wheat bread, and barley, oats, and buckwheat have always been used. They have also always known how to serve a little meat attractively, and meat is eaten only once a day. Pork, of course, is never touched. Jewish housewives have long known how to use honey, molasses, and syrup in place of sugar. Sugar is a luxury in the countries from which they come.

Lessons in cooking might very profitably include: (a) Many ways of using fish as substitutes for meat. (b) Many ways of using nut and legume dishes. Peas, beans, lentils, and rice need to be picked over carefully before using lest a spoiled particle be used. (c) Variations of cream sauces (which are not liked), such, for example, as a cream custard sauce, which is much liked, or cream sauce containing cheese with extra seasonings. Tomato sauce and its variations such as creole and Spanish. (d) Cream soups. (e) Cereals—for breakfast, as soups and as desserts. All cereals must be tested as follows before using. "Place them on a hot plate. If no worms or other insects appear they are fit to be eaten; if not fit they must be thrown away. If flour is mildewed it must be destroyed." (f) Stewed fruits and vegetables, fresh and canned. (g) Salads and salad dressings for fruits and vegetables. (h) Use of leftovers.

In using the following menus it should be borne in mind that tea and coffee are not for children. They should have milk. Neither have I planned that the little ones have the more highly flavored foods. They should have cereals. In planning these menus I have had in mind at

least one pint of milk per day for every adult, and one quart for every child. These menus are only suggestive; they probably could not be followed by the very poor and probably would not be literally followed by the very rich.

My efforts were directed toward (1) supplying an adequately balanced diet; (2) one which will be so like that to which the Jews are accustomed that it will be liked. I might state that these menus, with but few changes, were in actual use in the experiment above referred to and that the girls showed an average gain of from 2½ to 3 pounds per week for the two weeks that they remained.

MENUS FOR TEN DAYS

Breakfast

Sunday: Sliced bananas, oatmeal, sugar and milk, toast, coffee.

Monday: Stewed prunes, hominy, sugar and milk, rye biscuits, cocoa.

Tuesday: Stewed dried apple sauce, corn meal mush, sugar and milk, cereal muffins, coffee.

Wednesday: Oranges, corn flakes, sugar and milk, toast, coffee.

Thursday: Stewed dried peaches, oatmeal, sugar and milk, rye rolls, coffee.

Friday: Stewed fresh apples and apricots, fried corn meal and syrup (oatmeal for children), cereal muffins, coffee.

Saturday: Stewed rhubarb, corn flakes, cold fried fish, bread and butter, coffee.

Sunday: Raisins and figs, hominy, sugar and milk, corn muffins, coffee.

Monday: Stewed peaches, rice and raisins, sugar and milk, corn dodgers, coffee.

Tuesday: Stewed prunes and bananas, corn meal mush, sugar and milk, rice muffins.

Luncheon

Sunday (dinner at noon): Noodle soup, chicken fricassee, rice, string beans, sweet-sour sauce, pineapple and apricot ice.

Monday: Cream of pea soup, herring and boiled potatoes, corn bread, butter, French pancake.

Tuesday: Spanish rice, vegetable salad, Boston brown bread, almond blanc mange, fruit sauce.

Wednesday: Japanese eggs, sliced tomato salad, gingerbread, coffee.

Thursday: Salmon salad, baked potatoes, raisin cake, cocoa.

Friday: Fried tile fish, creamed potatoes, cold slaw, layer cake, ice tea.

Saturday (dinner at noon): Cold gefillte fish, noodle soup, Sabbath sholend (beans, peas, barley), lettuce and cucumber salad, prune and onion zimes or carrot and sweet potato zimes, cookies, tea.

Sunday (dinner at noon): Vegetable soup, roast beef, Franconia potatoes, asparagus, white sauce (made without milk), lemon ice.

Monday: Sour cream and cheese, baked potatoes, radishes, Indian pudding, tea.

Tuesday: Cod fish cakes, peas in cream sauce, sliced tomato salad, dried apricot or date marmalade, cookies, tea.

Dinner

Sunday (supper): Combination salad (lettuce, scallions, cucumbers, and tomatoes with sour cream), boiled potatoes, rye bread and butter, war cake, coffee.

Monday: Barley and mushroom soup (dried mushrooms preferred), scalloped chicken with rice and tomatoes, lettuce and asparagus salad, French dressing, cookies, tea.

Tuesday: Corn soup, kidney bean stew, spinach, dressed lettuce, peach short cake (no cream).

Wednesday: Split pea soup, pot roast, grated raw potato pancakes, pickles, rice pudding, strawberry sauce (no milk or cream).

Thursday: Vegetable soup, baked fish, scalloped potatoes, egg plant salad, hominy pudding, fruit sauce.

Friday: Chicken soup with noodles, gefillte fish, roast chicken, dressed lettuce, carrot and sweet potato zimes, strudel, tea.

Saturday (supper): Fried fish, cold petshai, cake, tea.

Sunday (supper): Baked noodles and cheese (cottage), vegetable salad, graham cookies, apple sauce, coffee.

Monday: Sorrel soup, chartreuse, tomato sauce, fried egg plant, sliced fresh fruit.

Tuesday: (Oaten) hafer gritz and potato soup, pea loaf served with carrots in cream sauce, cabbage sweet and sour, apple fritters, tea.

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✓ The following articles in the *Jewish Encyclopedia* contain valuable information: Animals, clean and unclean; Banquets; Bedikah; Blood; Bread; Cookery; Cruelty to animals; Dietary Laws; Dembo, author of *Jewish Method of Slaughter*; Drinking vessels; Eggs; Fasts; Fat; Fish; Food; Fruit; Grace at meals; Kasher; Korabka; Mazzah; Meat Tax; Melihah; Salting of meat; Milk; Passover; Porging; Poultry; Shehitah; Swine; Terefah; Vegetarianism; Wiener, Adolph. (An article on the Dietary Laws, by a Rabbi. Published after his death.)

There are a number of Jewish cook books on the market. Most of them are merely a collection of recipes, many of them taken from other books, and adapted to meet the Jewish requirements. I have gotten hold of the following, and there may be others:

The Manual of Jewish and Modern Cookery, by "A Lady;" "With valuable recipes and hints relating to the toilette." Published in 1846.

The Jewish Cookery Book on Principles of Economy. "Adapted for Jewish Housekeepers," by Esther Levy.

Continental Dishes for English Tables, with an appendix on Jewish Cookery, by G. J. Guinteau.

Aunt Babettes Cook Book.

International Jewish Cook Book, by Florence Kreisler Greenbaum.

Economical Jewish Cookery. *Dainty Dinners and Dishes for Jewish Families*, by Mary Henry and Kate Halfer. Published in 1897.

Modern Orthodox Recipe Book.

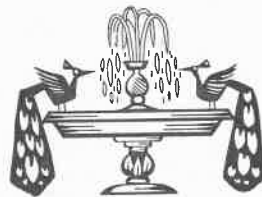
Jewish Cookery Book, by Miss Tattersall, London.

Kentucky Child Welfare Conference and Exhibit

LOUISVILLE

EXHIBIT AND ENTERTAINMENTS IN
THE ARMORY
Walnut and Center Streets

Nov. 21, 8 P. M. to Nov. 30, 10 P. M.
1912



10 TO 10 DAILY
2 TO 10 SUNDAY AND THANKSGIVING

CONFERENCE IN WARREN MEMORIAL CHURCH
BROADWAY AND FOURTH
NOVEMBER 25 TO NOVEMBER 27

Introduction

The movement that has culminated in this Child Welfare Conference and Exhibit was started in March, 1911, in the Conference of Social Workers in Louisville, an organization composed of representatives from many agencies working for social betterment. A committee on child welfare was appointed to study the conditions and needs of children and to suggest some means of bringing about a better understanding among the institutions and agencies engaged in children's work. After some preliminary steps, a small group of people was gathered together to discuss the problem and on recommendation of the Russell Sage Foundation, it was decided in May, 1911, to hold a Child Welfare Conference the following autumn. In October, 1911, an organization was formed to arrange definitely for a Conference in January, 1912, and the larger body accepted the further recommendation that an exhibit be given in connection with the Conference and that it be not confined to the city, but include the State.

Owing to the enormous amount of preparation required for such an undertaking, a second postponement was found necessary and at last in November, 1912, the united thought and effort of more than three hundred people will be presented at the Armory, while at the Warren Memorial church those interested in social work will take counsel together and the public will have an opportunity to hear men and women whose accomplishments in their special lines entitle them to speak to us with authority.

Throughout the Exhibit the idea is to show side by side the existing conditions surrounding Kentucky children and a way to better them, what they have and what they need.

Many people have given generously of their time and strength to make this possible—many have helped in other ways. It is impossible to mention all who have given us assistance; the list is lengthening as the handbook goes to press; but the Executive Committee takes this opportunity to acknowledge its obligation to the Cathedral House, Louisville Gas Co. and Mr. Fred Metz for the use of office room, to the Fiscal Court and First Kentucky Regiment for the use of the Armory, to the Stewart Dry Goods Co. for the Model Playroom and other exhibits, Neill-Roach Dairy Co. for dairy models, the Rhodes-Burford Co., Hubbuch and Wellendorf, Kresje's, 5 and 10-cent store and J. Bacon & Sons, for furnishings in the Model Apartment, to the Library Bureau, Art Department of the Girls' High School, Tinsley-Mayer Co., and Dearing Book Co., for their kind assistance, and to Mr. J. B. Alberts, Jr., for the design of our cover.

Many of us need more light in solving the problems of the care of children; all of us want it.

There is much love lavished on children, but wisdom does not always go hand-in-hand with it, either in the home or in the community; and so to love let us add knowledge, to knowledge effort, to effort perseverance, and to perseverance the accomplishment of the highest welfare of our children.

MARION S. D. BELKNAP, President.

good

Summary

WANTED!

More money for the Board of Health
To provide for
School nurses.
Tenement house inspectors.
Milk inspectors.
More medical inspectors in the schools.
(See Health Section.)

LOUISVILLE HAS

18 playgrounds.

LOUISVILLE NEEDS

More small playgrounds in the crowded districts.
More playgrounds for colored children.
Wider use of church buildings and equipment during the week.
Better division of settlement facilities.
Wider use of our school plants.
Supervision of
Private pleasure parks
Dance halls
Picture shows
and other forms of commercialized recreation.
(See Recreation, Churches and Settlements Sections.)

LOUISVILLE NEEDS

To relieve overcrowding in the elementary schools,
To provide
More workshops.
More kitchens.
More special schools.
To furnish
School nurses.
Dental inspection.
School baths.
Playground equipment and larger playgrounds
and a better equipment for the Normal School.

LOUISVILLE NEEDS

An Additional 14-Cent Appropriation
and

A Bond Issue.

Urge your Councilman to vote for it.
(See Schools Section.)

KENTUCKY NEEDS

Supervision for its County schools.
More consolidated schools for rural districts, providing
Better buildings.
Teachers trained for specific grades.
Transportation for pupils.
Kentucky boys trained for intelligent farming and fruit-raising.
(See Country Life Section.)

KENTUCKY NEEDS

A colony for epileptics and better institutional care for idiots and feeble-minded.
Laws raising the age of consent to 18 years and making desertion of children a felony.
An extension of probation laws to first offenders of all ages.
Better enforcement of present laws protecting minors against drink and vice.

JEFFERSON COUNTY NEEDS

One judge or commissioner exclusively for children's cases and
Fewer children in its public institutions with more complete segregation of those children.
(See Laws Section.)

KENTUCKY NEEDS

A law prohibiting children from street selling, forbidding boys under 21 to be night-messengers.
An eight-hour day for women and children.
Reporting of "industrial" diseases.
A medical inspector and an expert engineer on the factory inspection force,
Civil Service examination for inspectors.
A workmen's compensation law.

LOUISVILLE NEEDS

Vocational training
Vocational guidance in the public schools.
(See Section on Industrial Conditions.)

WANTED

Tenement House inspectors under the Board of Health to see that the law against dark rooms and unsanitary conditions is properly obeyed and that Louisville children have decent homes to live in.
(See Homes Section.)

IDEALS IN PHILANTHROPY.

Best—Support the child in his own home by pensions to parents.
Next Best—Place the child in a carefully chosen and supervised family home.
Or—Make the orphanage as much like a family group as possible.

LOUISVILLE NEEDS


Good day nurseries for children of working mothers.
Wider public interest in its orphanages, to pro-
Closer co-operation among charities through
a Central Registration Bureau.
(See Philanthropy Section.)

The Health of the Child

Prevention is the keynote of the entire Health Section, prevention of infant mortality by pure milk and proper instruction of mothers, prevention of tuberculosis by fresh air and sunlight, prevention of contagious and infectious disease through adequate city and state appropriations for inspection and health-education.

BABY'S FOOD

There is nothing as good for the baby as **MOTHERS MILK.**



Every Breast fed baby has **9 times** as good a chance to live as A Bottle-fed Baby.

CITY AND STATE HEALTH

The exhibit opens appropriately with the City Board of Health. A small laboratory outfit is shown, a milk filter demonstrating the dirt which is extracted from ordinary market milk, and the various culture media for growing the different disease producing germs. The

work of the health department, as shown in the exhibit, covers disease prevention, the fight against nuisances, and medical school prevention. The department makes a special plea for public co-operation in stamping out disease. One half of unsanitary conditions around houses, are due to garbage. There are thousands of indecent and unsanitary open privies in Louisville. Quarantine is frequently violated by people who ought to help the health authorities. Public sentiment should be aroused against open fruit or candy stands, dirty ice cream cones, and the common drinking cup.

Farther on in the health section, the State Pure Food exhibit and the Good and Bad Grocery again emphasize the need of care in buying food stuffs. Clean and unclean methods of handling milk are shown by the Food and Drug division of the State Experiment Station. Their exhibit also includes an analysis of the various baby foods, the pernicious soothing syrups, and the rating given different dairies and bakeries in the State. No parent need be ignorant of the quality of the food which he is giving his child.

Medical school inspection is an important part of the work of the health department. 11,420 children have been examined in three months, of whom 1277 were recommended for treatment. Children are often backward in school because of some simple trouble, such as defective vision, deafness, or adenoids; these things may be remedied if discovered by the school physician. But this work is hampered in Louisville by lack of money. Louisville spends only \$28,147 on its health department, which is less than any other city of its size in the United States.



INFANTS.

The Baby Saving Station, in charge of the Babies' Milk Fund, carries on a school for mothers where advice is given every afternoon, in the care of babies. Doctors are present to examine the babies and to give free advice. A nurse in constant attendance shows mothers how to prepare milk, and how to make the best of difficult home conditions. The handling, bathing, clothing and sleeping of infants and the means of safe-guarding them from disease are also taught.

This station illustrates the work of the four Baby Saving Stations in Louisville, whose efforts helped reduce infant mortality 50% in one year. Maternal nursing is urged wherever possible; when impossible, the proper modification of milk is carefully taught. Certified milk is especially recommended, as it is the only milk in Louisville known to be safe.

Large models of good and bad dairies sufficiently illustrate the conditions under which milk is produced. A proper milk supply is perhaps the greatest single health-need of Louisville.

EUGENICS AND PREVENTION OF BLINDNESS.

"The iniquity of the fathers shall be visited upon the children unto the third and fourth generation." This fundamental law is illustrated by diagrams showing the result of the marriage of a feeble-minded woman, first with a normal man, and then with a feeble-minded man. The first marriage produced feeble-mindedness in the grand-children, the second shows a record of degeneracy which includes every descendant. Feeble-minded people should be kept in asylums so that they may not have children.

The appalling results of ignorance and vicious living are also exhibited in this section. Invalid mothers, blind and diseased children are among the results of the immorality of prospective husbands and fathers. The mountain fund of Kentucky is doing much to prevent blindness by teaching the need of proper care of the baby's eyes just after birth, but Kentucky ranks as the forty-fifth State in its laws on this subject.

Only wide-spread sex-instruction, given in time to children, can bring any permanent solution.

SICK CHILDREN.

Various organizations of Louisville provide for sick children. The University of Louisville is conducting a clinic as part of its exhibit; mothers may bring children for advice. The work of the district nurse is shown by photographs. Each nurse is a "travelling Board of Health."

The **Children's Free Hospital**, of Louisville, is a unique institution in that it receives children from any part of the country, and admits any physician. Its exhibit, showing a miniature hospital room, emphasizes the fact that the hospital is the sick child's second home, much better equipped than his own home could possibly be for the treatment of serious cases. Crippled children especially should be brought to the hospital as early as possible. Deformities can often be prevented if treatment is begun in time.

DENTAL CLINIC.

Children may come to have their teeth examined at the dental clinic, maintained in the health section for the purpose of emphasizing the need of good teeth.

TUBERCULOSIS.

Although only about 8% of open cases of tuberculosis are young children, yet the seeds of tuberculosis are frequently sown during childhood, by ignorance and bad living conditions. In Louisville today there are 2,500 cases of tuberculosis, many of them dangerous to their families through lack of proper care. Children must not be exposed to consumptive parents, nor allowed to sleep in crowded bedrooms. Open-air sleeping is demonstrated in the exhibit by means of pictures and actual tent models. The outdoor school at Waverley Hill Sanitarium is also shown.

Poverty and ignorance are two chief causes of tuberculosis, as well as of other diseases. Fresh air, sunlight and good food give sufficient vitality to resist most diseases, but when a family is too poor to buy good food, sufficient clothing, or enough warm bedding to allow open windows, the seeds of disease find good soil. The average American workingman, with a wage of about \$500 a year, as shown by the census, is too poor to buy good health for his children.

Moral and Religious Life

Hand in hand with the child's physical and mental development should go his spiritual training. The influence of the Sunday-school is shown by the fact that it furnishes 83% of the church members.

Modern Sunday-school equipment and teaching are shown in this section by a model class-room with regular class work going on at a certain hour every afternoon.



Manual Work in Sunday School

As a State, Kentucky stands twenty-fifth in its percentage of church members, having but 37%. As a city, Louisville stands second in a list of thirty-five principal cities, having 65% of its population members of churches. The exhibit of "The Wider Use of Every Church" shows the possibilities that lie in the use of church buildings and should arouse thoughtful consideration of a larger use of available equipment. The Institutional Church marks an important step in this direction.

MOUNTAIN SUNDAY-SCHOOLS.

In one of our mountain counties the Assessor's books show a greater valuation of fire-arms listed for taxation than

the valuation on farm implements and machinery.

The need of Sunday-school work in this district is shown by the statement that in another county which had in 1895 ten Sunday-schools and an enrollment of 298 scholars, there were twenty felony cases. There are now 78 Sunday-schools in that county, 4,500 scholars enrolled and no felony cases.

Less than one-third of the children in Kentucky are members of Sunday-schools.

Cannot this great influence for general uplift be extended?

The comprehensive religious and educational training given to the negroes by institutional church work shows the incalculable good that can be accomplished for them through this channel.

ASSOCIATIONS.

The work of the Y. M. C. A. and the Y. W. C. A. is so well known as scarcely to need explanation.

During the past year nearly 1,000,000 men and boys daily used the reading rooms in the various Y. M. C. A. branches in this country.

The Y. W. C. A. branch in Louisville is not yet a year old but has already demonstrated its usefulness.

The Y. M. H. A. gives an exhibit of inviting and wholesome recreation furnished to its members in the way of a library, games, shower baths.

The Girls' Friendly Society shows here the valuable work it is doing for young girls in giving them classes, reading rooms and places for social gatherings in connection with the Episcopal churches.

All of these Associations have religious influence for the strong underlying foundation on which they build.

Settlements and Educational Movements

This section shows, both by photographs and by living demonstrations, the aim and work of the settlements, Boy Scouts, libraries and other organizations

which, differing in many ways, are alike in providing, not primarily relief, charity or even instruction, but opportunities for personal growth into a full, rich life.

SETTLEMENTS.

What is a settlement? Not chiefly a milk station, a playground, a gymnasium or a school, though it may include all these. **The Settlement is primarily a neighbor.** A group of people reside in one of the city's districts, forming a center of opportunity, bringing beauty where no beauty is, offering a meeting place for neighborhood clubs and for dances, aiming to find the needs of the district and supply them. All of these uses of the settlement and many others are exhibited in this section. In a most interesting workroom the handicraft work of one settlement is being constantly shown by children operating the hand-loom and the potter's wheel.

Foreigners and even many Americans do not know how to utilize the many resources of the city—the night schools, baths, hospitals, milk stations, district nurse association and juvenile court. As a wise friend, the settlement shows them the way and they become more intelligent citizens. But though the settlements interpret the problems of their neighborhood, they cannot solve great civic questions alone. The city as a whole must help them by giving to all children the opportunities which the settlement proves to be of use to a few.

Moreover, Louisville needs a wise distribution of these opportunities. Within a radius of one-half mile are now collected two settlements, three neighborhood centers, one church social center, five associations for young people, while all the rest of the city has only three social centers and one settlement. The field for intelligent settlement work is still large.



A Neighborhood Friend

BOY SCOUTS.

Boys of all religions and nationalities may join the Boy Scouts, an organization which aims to use the natural "gang" instinct to develop, under good leaders, qualities of loyalty, trustworthiness, cleanliness, kindness, obedience, thrift and reverence. The true Boy Scout movement is not, and never has been in America, a military organization. It aims rather to teach the qualities of courage, patriotism and civic loyalty as the virtues needed in times of peace. The Boy Scouts give living demonstrations of their activities on the settlement stage.



The Children's Room in the Library

LIBRARIES.

In which group does your child come? There are 56,593 children in Louisville, 18,499 use the library directly, 5,200 use the library through the schools.

32,894 do not use the library at all. If you do not appreciate what the library can do for your child, the children's library room at the Child Welfare Exhibit will prove a revelation. There are six of these rooms in Louisville, each forming a social center for story-telling and other educational activities.

If the children cannot come to the library, the library will come to them in the schools through 156 class-room libraries containing 4,000 books. The work of a modern library is not merely to be a storehouse of information, but to scatter information abroad by creating the desire for knowledge. To do this, the best service of the best-trained librarians is absolutely needed.

Louisville Public Schools

3,500 school children are taking part in the living exhibits of the public schools of Louisville, in an attempt to show the work which they are doing from day to day in their classes. The music and gymnastics of elementary, normal and high schools find place in the general program for the central court, but in the schools section itself, every afternoon and some evenings, are classes exhibiting their daily work.

Woodwork, basketry and bookmaking are among the interesting features of the manual training room, while primary and kindergarten classes and classes in cooking and sewing are shown in adjoining spaces.



Wanted! More Workshops

IMPROVED CONDITIONS.

Many striking changes have come about in the Louisville schools under the present board, which, partly through the efforts of Louisville women, came into power in 1911. These changes are shown by photographs and charts, and by a contrast exhibit of good and bad school-rooms.

In January, 1911, there were 88 classes averaging over 55 to a teacher. Now there are only 23. Crowded conditions

have been relieved by 35 additional teachers and 13 portable rooms. In one year there have been opened 13 manual training and cooking centers, reaching 3,519 children. An open-air school and a "special school" have been established to give a chance to the anemic and the mentally defective child. Double desks have been replaced by 8,500 single desks, stoves replaced by eight heating plants, and dippers by sanitary drinking fountains.

All these improvements, and many others, have cost money. Louisville will spend in the year 1912-13 for every child in the elementary schools \$28 instead of \$23 spent in 1910-11. This is not so much as cities like St. Louis, Kansas City and Minneapolis spend on each child, but it is a notable advance. It has been made possible by a saving of \$30,000 in one year through a consolidation of the High schools.

NEEDS.

Louisville schools have still many needs which must be met before they can rank among the best systems of the country. The physical equipment of the Normal School is insufficient; and, since good teachers are the chief need in all schools, the Normal School must be well equipped.

The Louisville schools needs chiefly—

MORE MONEY

To relieve over-crowding.

To provide more workshops, more kitchens, more "special schools."

To furnish school nurses, dental inspection, school baths; more facilities for school luncheons; larger playgrounds and playground equipment.

An additional 14-cent appropriation, which the Council can legally give, would supply many of these things; a bond issue would provide for the permanent equipment.

What will be the answer of Louisville's citizens?

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Recreation

The largest single exhibit in the entire hall is the Playground, at the rear of the central court. Here the younger children may amuse themselves while their parents see the exhibit. There are swings, slides, teeter-totters, sand-boxes, and all the apparatus of a first-class playground as far as it can be condensed into this space. Besides furnishing a pleasant time for the children during the exhibit, this playground is designed by the Park Board to show the type of playground which it wishes to see more widely established throughout the city.

Louisville has eighteen playgrounds of varying sizes. But Louisville needs more small playgrounds in the crowded districts, where the land is covered with buildings and is so expensive that the Park Board can only purchase small tracts, but where the children are gathered in large numbers. Louisville also needs more playground space for colored children.

There are only three wading pools in the eighteen playgrounds. There is only one public swimming pool in the city. More of these would add greatly to Louisville's playground system.

Play is the child's birthright. In all

ages of the world the child has received his chief education, not from books, but from his playmates.

COMMERCIAL RECREATION.

This instinct for play, so wholesome in itself, may frequently be distorted and perverted by people who furnish amusement, not for the sake of the child, but for financial gain.

All amusement of this kind is classed in the exhibit under the head of Commercial Recreation. It may be wholesome or it may be degrading; it is not primarily designed to be either good or bad, but to make money. This fact lays it open to peculiar dangers.

An investigation of the moving pictures of Louisville shows that while a large proportion of the films are unobjectionable, and many are decidedly educational, the halls in which they are shown are frequently dark, ill-ventilated, and without proper fire-precautions. The dark moving-picture room is recognized as a promoter of disturbances and even of immorality.

There are 336 public pool-tables in Louisville. Gambling is popular in most; it



Much Needed Playground

is the main support of some. Why is not the law against gambling enforced?

The investigation of dance-halls and the

remaining forms of commercial amusements is not completed as this hand-book goes to press.

Country Life and Schools

COUNTRY LIFE.

A unique feature of the Kentucky Child Welfare Exhibit, distinguishing it from all other exhibits, is its treatment of the state-wide problems of education and country life. The State of Kentucky is one of the most interesting that could have been selected for such a study, because here are the isolated mountain districts, in which feuds, that have endured for generations, are now giving way under the advancement of the school.

Kentucky spends nearly seven million dollars yearly in the education of its children, of which about half is spent for county graded schools. Yet even this large sum does not meet the need.

In Jefferson county, for instance, with 10,818 pupils, taught in one hundred different buildings, there is no provision for supervision of the kind which enables a city school system to maintain high and uniform standards. The city of Louisville, on the other hand, spends \$22,150 a year for supervising principals and special supervisors, and is thus able to place expert knowledge on special subjects at the disposal of all its schools.

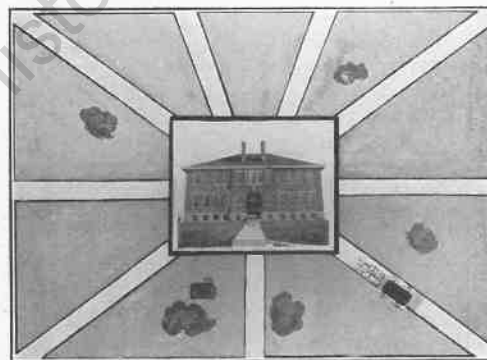
THE CONSOLIDATED SCHOOL.

The great problem of the rural school has always been to secure good teachers and sufficient salaries for them in sparsely settled districts where the population seemed insufficient to provide for more than a single-room ungraded school. The Mason county idea is one which deserves close study by other counties. A large consolidated school serves nine districts. School-wagons bring in the children who live at a distance. By this concentration it is possible to secure a better building and teachers better prepared to do efficient work in one grade only, instead of teachers trying to cover eight grades. The consolidated school becomes a social center, in which a school spirit can be developed and in which the children find

wider opportunity for work, for play and for social life.

TRAINING FOR AGRICULTURE.

The need of training for agriculture is another main point of this section. Too often the country boy leaves the farm because his teacher's ideals have been those of the city, and the boy has been taught to see no adequate career in farm life. He contrasts the unskilled farming of his father with the intellectual training of his teacher without realizing that farming may also be made a skilled trade, demanding brains as well as brawn. The agricultural and horticultural resources of Kentucky are enormous if properly



A Consolidated School Serving 9 Districts

cultivated. Kentucky needs Kentucky boys well trained for agriculture.

Different organizations are working to meet the needs of Kentucky's children. The school-improvement league aims to promote consolidation schools and to strengthen community spirit. The Corn Clubs have a striking exhibit of the good ears of corn raised by boys in contrast with the poor ears raised by their fathers on the same land. New realization is at hand of the importance of training for country life in order to build up the nation's resources.

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INSTITUTE FOR THE BLIND.

The Kentucky Institute for the Blind, opened in 1842, has one of the most interesting of all the exhibits.

The progressive methods adopted in this school and the remarkable results attained have placed it in the forefront among institutions for those sadly afflicted members of the community, the blind.

Children from the Institute give exhibitions every day of the various branches of industry taught them. The boys can be seen doing their carpentry, making mops and brooms, hammocks and seines and tuning and repairing pianos. The girls do plain hand and machine sewing, crocheting, knitting and tatting.

Typewriting, clay modeling, basketry, stencil and point writing and map making are some of the other things done by these deft-fingered children who have no sight to guide them.

THE WIDER USE OF OUR SCHOOLS.

There is no greater waste of public funds than in the unused time of our public buildings. Our schools, built and equipped by the taxpayers' money, have been closed five-sixths of the time, while our young people sought questionable places of amusement and our adults had no place to meet and discuss questions of the common good.

Now, three of Louisville's schools have social centers, with civic clubs for men and women, clean recreation for boys and girls, public lectures and neighborhood meetings. Other uses of the school plant are shown in the exhibit, such as parent-teacher associations, special schools for special children, school gardens and vacation schools.

The Child and the Law

This section attempts to show the work and needs of those public institutions which receive children through court procedure; also certain problems of law enforcement and further legislation affecting children.

JUVENILE COURT.

The work of the Juvenile Court naturally takes first place. Organized under the legislation of 1906, the Juvenile Session of Jefferson County Court handled 1,589 cases during its first year. The number was 770 in the year 1907-08; 825 in 1908-09; 1,025 during the calendar year 1910; 1,015 in 1911. One of the chief objects of the Juvenile Court being to prevent delinquency by removing its causes, a steadily diminishing number of cases in proportion to population is the ultimate ideal.

Since Juvenile Courts are founded on the fundamental principles that the law is to protect and guide rather than punish wayward and unfortunate children, the probation work can justly claim to be the most important phase of the Court's activities. At one time the local Court had about one hundred active volunteer probation officers. At present there are but

eight, besides the six salaried officers, while 361 children are under probation—far too many for these officers properly to superintend. About fifteen or twenty per cent. of the children become second offenders. The "Big Brother Movement" of New York cared for 2,883 boys last year, 550 volunteer "big brothers" doing the work. Only three per cent. of their charges reached the Court a second time. The figures show the urgent need of such an organization in Louisville. Photographs of typical cases of successful probation in our Court indicates the possibilities of such work.

In view of the fact that the same man must act as judge of the County Court, Judge of the Quarterly Court, Chairman of the Fiscal Court and Judge of the Juvenile Court, the suggestion is made that the position of Judge or Master be created for the care of juvenile cases, thus permitting daily, instead of weekly, Court sessions, and more detailed attention to each case.

INSTITUTIONS.

Only the site and the ideals of the new Parental Home, recently authorized by statute, can be shown. The beautiful 360-acre "Ormsby Place," at Ormsby

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Station, has been purchased. The Home is to be for the dependent as distinguished from the delinquent children. The buildings will be of the cottage type, to provide for small "families" of children. Training in farming will be emphasized in the hope that the two problems of the unfortunate child and of scientific agriculture in the State will be partially solved at the same time.

The Louisville Industrial School of Reform receives, at present, both dependents and delinquents. While it possesses extensive grounds it suffers from the disadvantage of nearly all old institutions. Its buildings are large, making it impossible properly to separate the more than four hundred black and white children of both sexes. Varying types of waywardness require careful segregation to prevent further education in wrongdoing, the more hardened teaching the innocent. With present facilities the best results cannot be attained.

The Detention Home of the Board of Children's Guardians receives the children pending disposition by the Juvenile Court, as well as other children needing temporary shelter. Experiment in the Home has proved the fact that most of the children committed to its care may be trusted with almost complete freedom. The effort is made to make the Home attractive, and though few bars are used, there are few escapes.

Illinois grants pensions to needy parents so as to keep families together and the Kansas City Juvenile Court does the same. Our Court tried the experiment for three months, and during that time 63 persons were kept in their own homes at a total expense of \$711.00. The cost of keeping the same number in institutions would have been \$2,362.50. Both the money saving and the moral advantage to normal children suggests a statutory provision authorizing such payments.

Industrial Conditions

Industrial conditions are a factor in determining the child's home, health, associates, education, play, ideals and success. What the State does not do for the parent by establishing a living wage, it must make up to the child through charity, hospitals and reform schools.

EPILEPTICS AND FEEBLE-MINDED.

With probably 1,500 epileptic children in the State, many in the insane asylums contrary to the statutes, and some in county poor-houses, the need of a State colony for epileptics is apparent. The epileptic colonies of progressive States prove that many of these unfortunates may be cured and all helped by education, manual employment and proper surroundings.

Adequate institutional provision for idiots and feeble-minded children is needed. The State actually pays pauper parents to keep idiot children at home, and sends feeble-minded children from the State institution when they are too stupid to be taught! The State suffers from the marriage of such persons, while they are the victims of an unequal struggle for existence.

LAWS NEEDED.

The necessity for the probation of first offenders above the present Juvenile Court age is illustrated in a series of cartoons. The workhouse and jail frequently change them into hardened criminals. Their reform is a prime duty of the State, especially in view of the fact that most first offenders are young.

Laws specifically recommended include one raising the age of consent to eighteen years and another making desertion of children a felony. Under the latter the recreant father can be reached even in another State.

A careful study of the Kentucky Statutes reveals the fact that there are many laws protecting children which are not rigidly enforced. This suggests the final conclusion that, notwithstanding the necessity of further legislation, our greatest need is not more laws, but more enforcement of the laws which we have.

DEATHS IN INDUSTRY.

Stop manufacturing orphans. Figures exhibited in this section show that 60% of all industrial accidents occur to men in the prime of life, the chief support of their families. The widow and child bear the

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burden. Kentucky needs to protect its workers from poisonous dusts, metals and gases and to safe-guard its machinery. Finally, a law is needed, like the laws in twelve States and in European countries, giving compensation for accidents.

WORKING WOMEN.

The child's welfare begins with the health of the mother. This theme is worked out in the exhibit by cartoons and



Screen in the Industrial Exhibit

statements showing the effect of fatigue and low wages on the health of women workers. Long hours, standing, want of proper toilets and speeding of machines, cause tuberculosis, uterine troubles, ner-

vous breakdowns and other diseases. Infant mortality is heaviest in the factory sections of Louisville: in Germantown and the district west of Tenth between Broadway and Main street. The new ten hour law for women **must be enforced.**

One-fourth of Kentucky women workers get \$4.00 a week or less. A woman cannot maintain health on that amount. The result is an impaired second generation. Do not women need suffrage and trade-organization to protect themselves? And why should not Kentucky follow the lead of other States and countries in establishing a minimum wage based on the cost of living?

CHILD LABOR.

No child under the age of 14 may be employed in any store or factory, and no child under 16 may be employed more than 10 hours a day. This is the Kentucky law. But a small child may sell newspapers on the streets at all hours of the day or night except during school hours. He is too tired for study; he is preparing for no trade; vice and evil are in the night air he breathes. Two-thirds of the inmates of the New York House of Refuge had been in street trades. The Child-Labor Law should be extended to include newsboys.

Another need shown in this part of the exhibit is the prohibition of night messenger service for boys under 21. This service is a man's job. The hour is often 2 A. M.; the place is often a brothel. How can a boy protect himself from moral and physical ruin in such surroundings.

TRADE TRAINING.

Two years are wasted when a boy goes to work at 14. He cannot enter a skilled trade, so he takes add jobs which give low wages and no chance for advance. Statistics gathered from children who went to work at fourteen show that they grow restless because they are young and untrained for work. What chance have the 897 Louisville children who went to work last year at 14, against the 5,068 children in high and departmental schools?

KENTUCKY NEEDS.

Laws prohibiting children from street-trading.
 Prohibiting boys under 21 from the night messenger service.
 Reporting of industrial diseases.
 A medical inspector and engineer on the inspection force.
 Civil service examinations for inspectors.

A Workman's Compensation Law.
 A Minimum Wage Commission to make investigations as a basis for law.

LOUISVILLE NEEDS.

Vocational Training and Guidance in the public schools.

Homes

The section on "Homes" aims to furnish to parents suggestions with regard to home life, showing them how they may provide their children with proper food, clothing and toys, and how they may make a home attractive with small expenditure of money.

HOUSING.

The only part of the "Homes" section that is an exception to this is the exhibit on "Housing." Some of the worst features of housing in Louisville are dark rooms, basement bedrooms, overcrowding and insufficient water and sewer connections. There is a larger percentage of families in Louisville living in one room than in New York or Chicago.

There are whole blocks of tenements with only one hydrant or town pump for

Water and sewer connections on every sewered street and removal of all privy vaults on such streets.

Provision for light and ventilation of dark rooms and for keeping house and premises clean and in good repair.

A water-closet for every four families.

No overcrowding in bedrooms.

Adequate fire protection.

But the law is of no avail, because Louisville has no Tenement House Inspectors. There are more than 1,200 tenements requiring constant inspection.

Insist that the city provide inspectors.

The advantages in health and cost of suburban dwellings over city slums, of cottages over tenements and the economy of yard gardening are here shown by examples of what other cities are doing.

MODEL APARTMENT.

But good laws alone will not make good homes. The taste and thought shown in the model apartment show what can be done in an inexpensive way for the pleasure and comfort of a family.

CLOTHING.

Simple clothes are best for all children. This exhibit shows materials that are durable and washable, practical outfits for children, shoes of proper shape and other important details of dressing children. Demonstrations of proper laundry work and cutting and making garments will be given each day.

FOOD.

Expensive foods are not necessarily nourishing and with careful thought it is possible to buy cheap but nourishing



Wanted! A Tenement House Inspector

water supply. There are more than ten thousand outside privies.

The Tenement House Law requires as to existing houses:

food for children. A child needs plenty of pure milk, well-cooked cereals and vegetables, soft-cooked eggs, cooked fruit and fruit juice and should drink plenty of water between meals. Cartoons in this exhibit show a good and a bad market. See that you buy from a clean market and that your food is delivered wrapped.

MODEL PLAYROOM.

A model playroom shows good types of toys chosen by some of the best "play experts" in the country. A few toys, well made and playable, are better than many flimsy ones. A toy should not play while

the child looks on, but should arouse his imagination and inventive originality—hence there are no mechanical toys in this exhibit. The child's artistic sense should be developed by toys of good form and color.

When too old for toys, he should have tools and materials with which he may work. The aim in this exhibit of "Home Occupations" is to show how they may be both inexpensive and artistic and prove suggestive to mothers in planning for the best use of their children's time, energy and skill.

Philanthropy

The dependent child is a child who through poverty, illness or death of parents is deprived of a fair chance in life. It is with this child that the section on Philanthropy deals.

IDEALS IN PHILANTHROPY.

Every child has the right to a home. A good home should not be broken because of illness, lack of employment or low wages. The first aim of philanthropy should be to build up the child's own home.

But when a home is unavoidably broken, the next best place for a child is in another family home. Several Kentucky agencies do this work of "placing out". Great care in the choice of good conditions is necessary.

When children, for some reason, must be kept in orphanages or institutions, they should be made as home-like and as near to the family group as possible.

HOME RELIEF.

Three large societies in Louisville have as their chief work the preservation of the home through the giving of relief and friendly assistance to families. These are the St. Vincent de Paul, the Federation of Jewish Charities, and the Associated Charities. They aim not only to relieve but to prevent poverty by finding employment, moving families to better quarters, securing a doctor's care, teaching household economy, breaking up bad habits, and keeping the children in school. The mere gift of money is of small importance in comparison with building up a family to the point of self-support. Work of this kind requires time and

thought on the part of skilled and tactful workers; but its results are lasting.

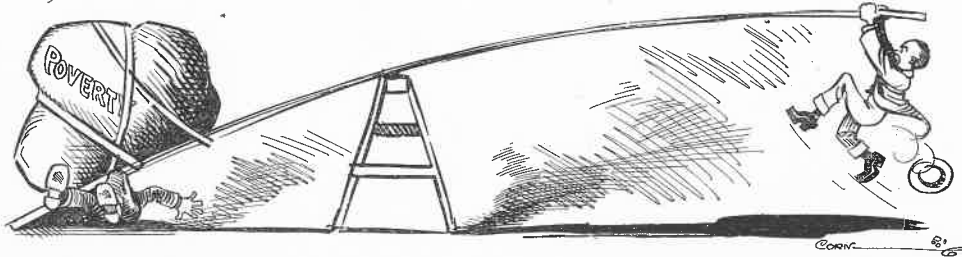
Other organizations aim to supplement the home in special ways. Four hundred mothers and children were cared for at the Fresh Air Home in the country where they were able to rest and grow strong. The work of the Christmas Clubs in giving pleasure to children is also shown in this section of the exhibit.

One great need of Louisville is a good Day Nursery, where working mothers may leave their children during the day. Photographs of the Mary Crane Day Nursery, one of the best in the country, bring out the fact that a day nursery is more than a baby checking-station. Trained nurses, special food, separate rooms for sleeping, eating and play and for older and younger children, classes in home-management for mothers, are part of the desirable equipment.

HOME-FINDING.

The Kentucky Children's Home Society receives destitute children throughout the State, keeps them in small Receiving Homes until their physical condition will allow them to be placed in good families, and then provides them with foster homes.

The new home is carefully investigated before the child is given to its care, and the agents of the Society pay regular visits to look after the child's welfare. The need of such constant supervision is strikingly shown in this exhibit by two life stories of children who were wrongly placed.



One Man Can Not Lift It

ORPHANAGES.

Among the twenty-two orphanages of Louisville, housing one thousand six hundred and forty-five children, some are working under insurmountable difficulties. They are handicapped by the lack of necessary equipment. They lack proper places for play; have no means of training the child for self-support. In a few instances, all but the barest necessities of life are lacking. These conditions are due to a lack of interest on the part of the community arising from ignorance of the conditions.

Most Louisville orphanages are small and are housed in old residences, thereby more nearly approaching the "cottage system" which has come to be recognized as the ideal plan for conducting an orphanage. A child who lives in a house with a hundred others, who sleeps in a dormitory with sixty, who eats in a dining-room with fifty, may go out into the community with a starved soul. The "cottage plan" makes home life possible. The house-mother, coming in touch with fewer children, is able, by more nearly satisfying the child's hunger for love, to build a better foundation for future citizenship.

Many of the matrons appreciate the value of the cottage plan.

Handwork from various Louisville orphanages is on exhibition, and on several occasions small choruses will illustrate the kind of singing taught in the institutions.

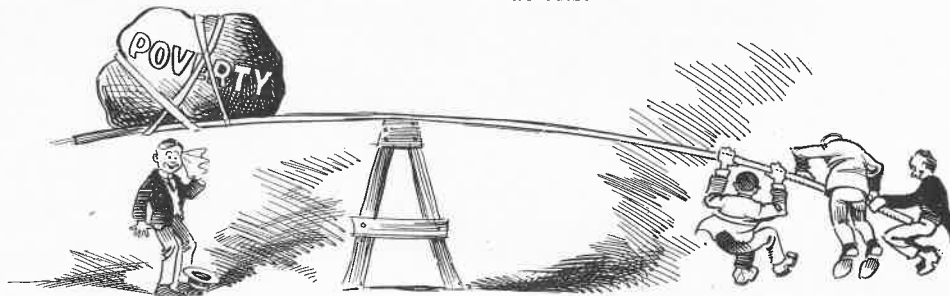
An extended exhibit shows the causes of delinquency, steps in delinquency, and the organizations dealing with the delinquent girl. The time to cure delinquency is before it occurs, by preventing the causes—bad homes, bad recreation, low wages.

The ideal reformatory is a country home on the cottage plan. Photographs are shown from the Pennsylvania Reformatory. Kentucky needs such an institution.

CO-OPERATION AND ENDORSEMENT.

Effective social work is brought about only by co-operation on the part of different social agencies. A union of effort is required to lift the burden of poverty. One organization working alone can do little toward such an end. Louisville has 239 organizations giving material aid. None of these agencies has adequate means of finding out what the others are doing, and there is over-lapping, and consequently not only a waste of public funds, but a pauperization of the individual.

The Charities Endorsement Committee, after investigation, endorsed forty philanthropic agencies last year. The committee, formed of representatives of the Board of Trade and Commercial Club, endeavors by this method to assist the efficient, protect the giver, and discourage incompetency in philanthropic organizations.



Co-operation

Program of Entertainments in the Armory.

Pauline F. Witherspoon, Chairman.

Thursday, November 21—8:00 P. M.—Opening Exercises.

Doors opened by Mrs. Morris B. Belknap, President of Kentucky Child Welfare Conference and Exhibit.

Grand March to the Court of Honor—The Lieutenant-Governor of Kentucky; the Mayor of Louisville; the Boy Scouts; 1,000 Public School Children.

Speech by the Lieutenant-Governor.

Speech by the Mayor.

Chorus of 1,000 Public School Children—7th and 8th grades—directed by Miss Caroline B. Bourgard, Supervisor of Music; accompanied by the Manual Training High School Orchestra, Mr. George B. Frazee, Manager. The costumes of the children will form the U. S. Flag, as they sing a medley of national airs.

Friday, November 22—3:00—Kindergarten Children, directed by Miss Jane G. Wymond.

a. Southern Game—"Rig-Ma-Jig." Teacher: Miss Nell Gardner.

b. English Game—"Round and Round the Village." Teacher: Miss Elizabeth Klein.

3:15—Chorus, Girls' High School—"Beautiful Blue Danube"—Strauss.

Directed by Miss Selma Kranz, Teacher of Music, Girls' High School.

3:30—Social Center—Game and Dance, Miss Emma J. Woerner, Director.

a. Minuet—Washington Social Center, Miss Lillian Heinz, Teacher.

b. Arch Ball—Whittier Social Center, Mrs. Irene Broadhurst, Teacher.

3:45—Manual Training High School Orchestra, Mr. Geo. B. Frazee, Manager.

8:00—Historical Pageant of Kentucky, directed by Miss Clara Fitch.

Stage Manager, Mr. O. L. Reid.

Orchestra, Mr. Karl Schmidt.

Part I. Old English Festival, 1630.

Part II. Pioneer Days, 1776. A picture of the time of Daniel Boone.

Full programs of the Pageant, giving the lists of dances, choruses and performers, are for sale on the floor.

Saturday, November 23—10:00—Public Schools. Gymnastics, directed by Mr. Carl J. Kroh, Supervisor of Physical Training, Public Schools.

Folk Dance and Game—6th, 7th and 8th grades, Nicholas Finzer School. Teacher: Miss Beutel.

Gymnastic Drill—5th, 6th, 7th and 8th grades, Second Ward School. Misses Drewry, Theisen, Jenne.

Gymnastics—5th and 8th grades, Broadway School. Miss Wiegall.

Tactics and Game—4th, 5th, 6th and 7th grades, Lucia Avenue School. Misses Seekamp and Foell.

Gymnastics—4th and 8th grades, Geo. W. Morris School. Misses Mader, Kohnhorst and Gast.

Gymnastics—4th and 5th grades, Normal School. Miss Knighton.

Gymnastics—6th grade, Henry Clay School. Miss Carey.

Gymnastics—5th and 6th grades, Benjamin Franklin School. Miss Martin.

Folk Dances and Games—4th and 6th grades, Longfellow School. Misses Weibel and Fitzhugh.

3:00—Historical Pageant of Kentucky—directed by Miss Clara Fitch.

Stage Manager, Mr. O. L. Reid.

Orchestra, Mr. Karl Schmidt.

Part I. Old English Festival, 1630.

Part II. Pioneer Days, 1776. A picture of the time of Daniel Boone.

Full programs of the Pageant, giving the lists of dances, choruses and performers, are for sale on the floor.

8:00—Athletic Meet—Y. M. C. A.; Y. M. H. A.; Turners; Louisville Church Athletic Association; Sunday-school Athletic League. Limited to those under 21.

EVENTS—

Running Broad Jump.

Hop, Step and Jump.

Broad Jump.

100-Yard Dash.

Goal Throwing.

Basket-ball Throw.

Wheelbarrow Race.

Medicine Ball.

Sunday, November 24—No entertainments. Exhibits open from 2:00 until 10:00 P. M.

THE CHILD WELFARE EXHIBIT.

Monday, November 25—3:00—Kindergarten Children, directed by Miss Wymond.

- a. Tag Skip. Teacher, Mrs. Minnie G. Allen.
 - b. Southern Game—"Here Goes a Blue Bird Through the Window." Teacher, Miss Lily Bensinger.
- 3:15—Chorus—Manual Training High School, Senior Class, and Manual Quartette, directed by Miss Bourgard.
- 3:30—Normal School: Swedish Weaving Dance, Junior Students, directed by Mrs. R. D. Allen.
- 3:40—Chorus of 350 Primary Children, directed by Miss Anna May Reccius, Assistant Supervisor of Music in the Public Schools.
- a. The Railway Train (an action song)—Thos. Facer.
 - b. The Sugar Dolly—Jessie L. Gaynor.
 - c. The Argument, "Katy-did"—Harvey W. Loomis.
 - d. Storch, Storch, Steiner—Reinecke.
 - e. The Soldier Boys (an action song)—Myles B. Foster.
- 8:00—Masonic Home: Drill and Chorus, directed by Mr. T. J. Adams, Superintendent.
- a. Silver Star Drill by girls.
 - b. Chorus, boys and girls.
- 8:15—Drill by Company of Field Nurses (Auxiliary to Co. E., 2nd Kentucky Regiment, U. B. B. A.). Captain, G. T. Hempleman.
- 8:30. Drill by Imanuel Cadets (Auxiliary to U. B. B. A.). Captain T. Bishop.
- 8:45—Social Center Orchestra, Broadway Center, directed by Mr. Howard Um-methun.

Tuesday, November 26—3:00—The Boy Scouts, directed by Mr. Chester McDowell.

- Tent Pitching—Twelve Scouts.
Tower Building—Twenty-four Scouts.
Signalling—Twelve Scouts.
Drill—Thirty Scouts.
First Aid to the Injured—Twelve Scouts.
Clearing the Court in Five Minutes—Seventy-five Scouts.
- 8:00—Tug-of-War between the Sophomore and Freshman classes of the Louisville Male High School, directed by Mr. Phillips H. Ryan.
- 8:15—Manual Training High School Orchestra, Mr. Geo. B. Frazee, Manager.
- 8:30—Girl's High School, directed by Miss Caroline S. Allen.
1. Festival March—"Queen of the Harvest." Attendants, Sophomore Class.
 2. Hungarian "Grief" Dance—Freshman Class.
 3. Game—Volley Ball. Junior Class.
 4. Interpretive Dance, Senior Class—"The Beautiful Blue Danube," accompanied by a chorus of 250 girls, directed by Miss Selma Kranz. Music by the Manual Training High School Orchestra.

Wednesday, November 27—3:00—Kentucky Institution for the Education of the Blind—Choir directed by Charles Frederick.

- Camp Fire Girls—Wand Drill and Folk Dance—directed by Miss M. Blye Allan.
Brass Band, directed by Charles Frederick.
Boys' Gymnastic Exhibition, directed by Clifford B. Martin.
Colored Orchestra of Blind School, directed by Otis Eads.
- 8:00—Social Center Gymnasium Club Drill—Broadway Center, directed by Miss Meta Heick.
- 8:15—United Boys' Brigade of America—Brig. Gen. W. W. Landrum, Division Commander.
Close Order Drill—Col. T. Bishop.
Butt's Gun Manual—Col. J. M. Creager.
Bayonet Exercise—Maj. George L. Scheffer.
Extended Order—Lieut.-Col. Logan N. Rock.

Thursday, November 28—3:00—Play Festival—Board of Park Commissioners: Children from all the City Playgrounds, directed by Misses Elise Weibel and Hortense Broeckler.

- 8:00—Settlements, directed by Miss Madge Nave.
Educational Alliance: "The Making of An American," directed by Chas. Morris.
Wesley House—Boys' Clubs, Relay Race, directed by Lee Hukill.
Cabbage Patch—Candle Ceremony of the Camp Fire Girls of America, directed by Miss Lorena Finley.
Neighborhood House—Dances, directed by Miss Ruth Sapinsky and Mr. James Yunker. Tarantelle—Italian men and women, directed by Mr. Frank Intellizerri.

Friday, November 29—3:00—Public Schools—Gymnastics, directed by Mr. Kroh.

- Dance—"Ostend," Parkland School. Teachers, Misses Hardin and Lowenstein.
3:15—Harvest Dance—5th and 8th grades, Montserrat School. Misses Monsch and Ruth.

- 3:30—Schottische—2nd and 8th grades, Heywood School, Miss Henderson.
 3:45—Arch Ball and Dance—4th and 8th grades, Washington School, Miss Strubel.
 4:00—Kentucky Children's Home Society, directed by Miss Clarette Sehon.
 a. Klapdans.
 b. Slumber Boat Dance.
 8:00—Play Festival—Board of Park Commissioners; children from all the city playgrounds, directed by Misses Weibel and Broeckler.

- Saturday, November 30—10:00—Play Festival—Board of Park Commissioners; children from all the City Playgrounds, directed by Misses Broeckler and Weibel.**
 3:00—Colored Orchestra, Institution for the Blind, directed by Otis Eads.
 3:15—Chorus from the Colored High School, directed by Miss Mildred Bryant, Assistant Supervisor of Music in the Colored Schools.
 a. Schubert's Serenade.
 b. Chorus from Hiawatha.
 c. Negro Folk Songs: "Steal Away," "Swing Low, Sweet Chariot."
 3:30—Chorus of 400 children from the Colored Schools, directed by Miss Bryant.
 Ballads.
 3:45—Chorus of children from 7th and 8th grades of the Colored Schools, directed by Miss Bryant.
 Scotch Songs.
 8:00—Kentucky Military Institute, Platoon Drill; Major J. W. Wuest.
 Music—Industrial School Band.
 Louisville Training School, Military Drill, directed by Prof. W. H. Pritchitt.
 8:15—United Boys' Brigade of America—Brig. Gen. W. W. Landrum, Division Commander.
 Regimental Parade, directed by Gen. John B. Castleman.
 8:30—Y. M. C. A.—Calisthenics and Games, directed by Mr. K. C. Stoll.

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Kentucky Child Welfare Conference in Warren Memorial Church

1. **MONDAY MORNING, NOVEMBER 25—10 O'CLOCK.**
 Prof. B. B. Huntoon, Presiding.
 - A. Opening remarks by the Chairman.
 Infant Mortality—Some of Its Causes and Its Prevention.....Dr. J. Rowan Morrison,
 Louisville.
 - B. Discussion opened byMiss Elizabeth Shaver, Louisville.
 Preventable Blindness in Kentucky.....Dr. J. A. Stucky, Lexington,
 Discussion opened by the Chairman of the MeetingProf. B. B. Huntoon, Louisville.
2. **MONDAY AFTERNOON, NOVEMBER 25—3 O'CLOCK.**
EUGENICS AND SEX HYGIENE.
 Dr. J. B. Marvin, Louisville, Presiding.
 - A. Sex Education and HygieneMr. Charles W. Birtwell, Boston.
 - B. Eugenics and Child WelfareDr. John G. Trawick, Louisville.
 Discussion opened by Mrs. Patty B. Semple, Louisville.
3. **MONDAY EVENING, NOVEMBER 25—8 O'CLOCK.**
 Mrs. Morris B. Belknap, President of the Conference and Exhibit, Presiding.
 Opening Address by the Presiding Officer.
 Address—"The Community's Obligation to its Children"...Dr. E. T. Devine, New York.
4. **TUESDAY MORNING, NOVEMBER 26—10 O'CLOCK.**
EDUCATION.
 Prof. T. J. Coates, Frankfort, Presiding.
 - A. Problem of the Rural School...Presiding Officer and Prof. Barksdale Hamlett, Frankfort.
 Discussion to be opened by Mrs. Charles P. Weaver, Louisville.
 - B. The Wider Use of the School Plant—
 Subject presented by Miss Pauline Witherspoon, Louisville.
 Discussion opened by Mrs. Cora Wilson Stewart, Morehead.
5. **TUESDAY AFTERNOON, NOVEMBER 26—3 O'CLOCK.**
RECREATION.
 Rev. Maxwell Savage, President of the Conference of Social Workers, Presiding.
 - A. Public Outdoor PlayMr. Graham Romeyn Taylor, Chicago.
 - B. Local Situation With Reference to Dance Halls{Miss Ruth Sapinsky, Louisville,
 General discussion on Recreation opened byMr. James Yunker, Louisville.
 Mr. Graham R. Taylor, Chicago.
6. **TUESDAY EVENING, NOVEMBER 26—8 O'CLOCK.**
PUBLIC HEALTH.
 Rev. Aquilla Webb, Presiding.
 - A. How We Aroused the State of Louisiana.....Dr. Oscar Dowling,
 State Board of Health, Louisiana.
 Discussion to be opened by Dr. W. E. Grant, Health Officer of the City of Louisville;
 Dr. J. N. McCormack, Secretary of the State Board of Health.
7. **WEDNESDAY MORNING, NOVEMBER 27—10 O'CLOCK.**
THE CHILD AND THE LAW.
 Mr. Roger N. Baldwin, St. Louis, Presiding.
 - A. Probation as a Reformatory Measure and What Probation Means..By Presiding Officer.
 Discussion opened by{Hon. Muir Weissinger, Louisville,
 Mrs. Cora M. Bain, Louisville,
 Dr. Julia A. Ingram, Louisville.
 - B. The Co-operation of the Police With the Juvenile Court
 Chief of Police Col. Watson Lindsey,
 Night Chief Patrick Ridge,
 Louisville.
 - C. The Work of the Board of Children's GuardiansHon. S. J. Boldrick, Louisville.
8. **WEDNESDAY AFTERNOON, NOVEMBER 27—3 O'CLOCK.**
DEPENDENT AND NEGLECTED CHILD.
 Dr. Hastings H. Hart, Russell Sage Foundation, New York, Presiding.
 - A. Opening Remarks by Presiding Officer.
 - B. The Work of the Kentucky Children's Home SocietyMr. Geo. L. Selon, Louisville.
 Discussion opened by{Mr. O. E. Pfouts,
 Miss Elizabeth Walsh,
 Miss Mattie Priest,
 Mr. Charles Strull.
9. **WEDNESDAY EVENING, NOVEMBER 27—8 O'CLOCK.**
 Judge Garrett Wall, State Board of Control, Presiding.
 - A. The Minimum in Child Care.....Miss Sophonisba P. Breckinridge, of Chicago.
 - B. The Modern as Compared With the Obsolete Institution for Children,
 Dr. Hastings H. Hart, Russell Sage Foundation, New York.

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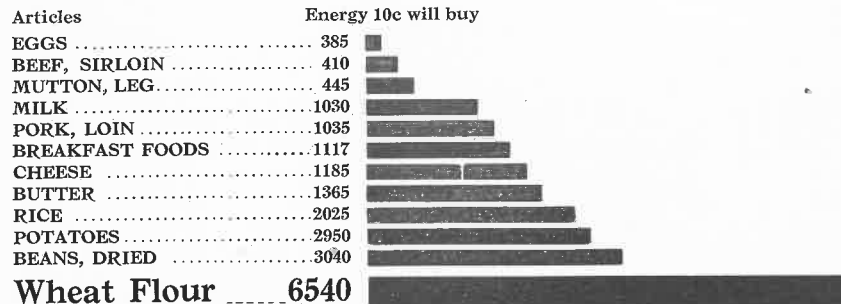
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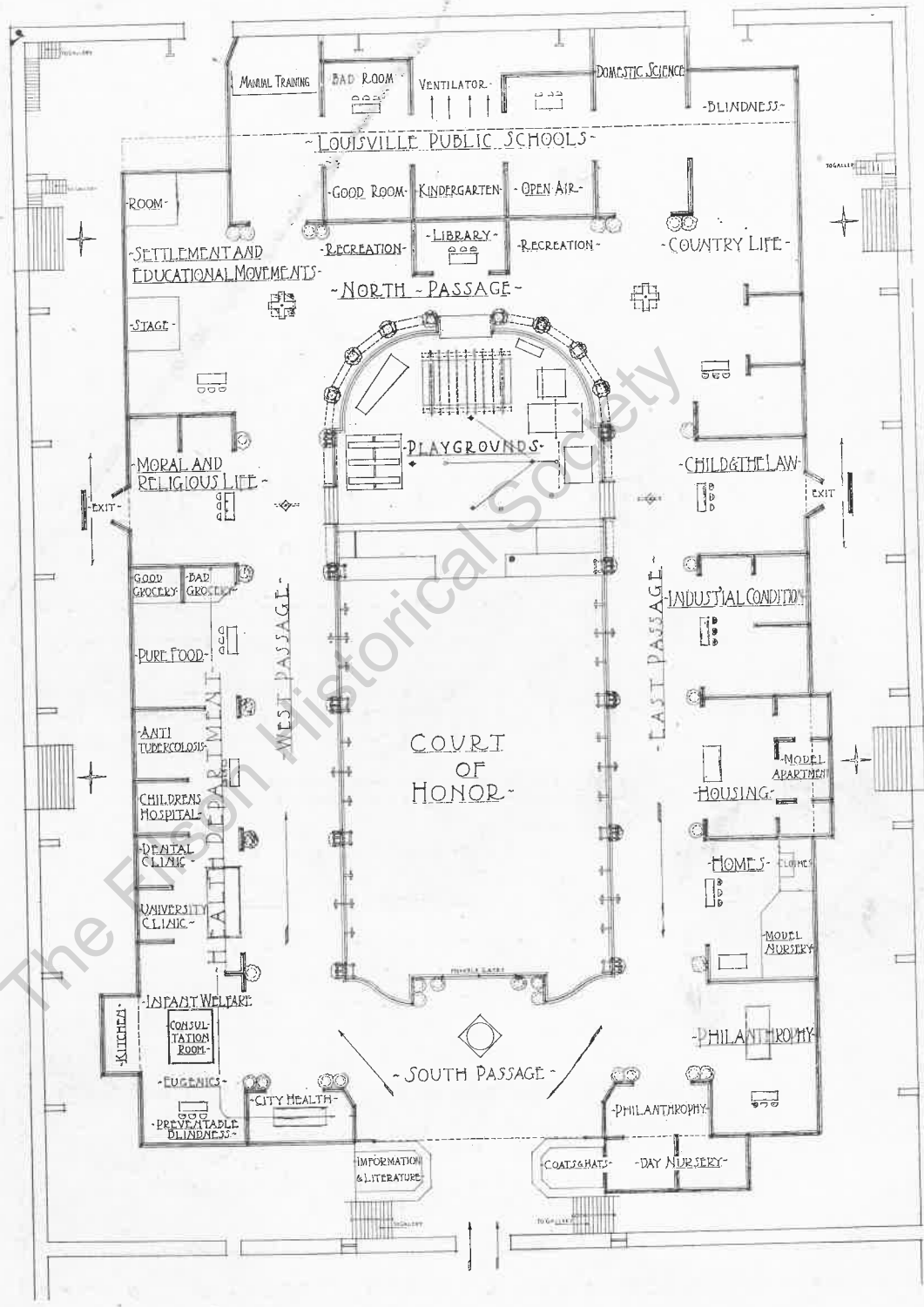
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UNITED STATES DEPOSITORY

2/23/1927

ITALIAN-AMERICAN CLUB HOLDS TWENTY-FIFTH ANNIVERSARY



—PHOTO BY JOHN KUPRION, HERALD-POST STAFF PHOTOGRAPHER.

The Washington birthday banquet given by the Italian-American Club at the Elks Club Tuesday night was a triple celebration given in honor of the birthdays of George Washington and the Rev. Charles P. Raffo and the twenty-fifth anniversary of the club. The speakers shown in the picture are, reading from left to right: The Rev. Delfino Autheman, Benedict Elder, Rosa Romano, Miss Francis Ingram, the Rev. Charles P. Raffo, Hon. Huston Quin, A. V. Van Winkle, J. P. Tula, J. S. Tonoli, Mrs. Ernesto Natiello and Thomas F. Bosco

The Filson Historical

Louisville
Conference



Social
Work

May 29th, 1924.

M E N U

Olivas Espanolas

Mishky Mallfouf

Spaghetti Italienne

Salada

Americana Dixieana

Petit Pain

Patisserie

Cafe au lait

55x26



MILK IS MEAT AND DRINK

A quart of milk for every child

A pint of milk for every adult

WASHINGTON, MAY, 1918

See other side for recipes

Index Hc



MEAT IS FIGHTING FOOD SAVE IT FOR THE SOLDIERS

Milk and cheese are meat substitutes
Use them freely

WASHINGTON, MAY, 1918

See other side for recipes

Index Hc

MILK SHERBET

4 cups milk

2 lemons

2 cups corn sirup

1 cup grated pineapple may be added

Mix the lemon juice and sirup together. Add the milk slowly and freeze. The milk may curdle when lemon is added but will be beaten smooth during freezing.

RICE PUDDING

4 cups milk

½ teaspoon salt

½ cup rice

½ cup corn sirup

Grated rind of ½ lemon

Nutmeg

Wash the rice, mix ingredients, and pour into a buttered pudding dish. Bake for 3 hours in a very slow oven, stirring several times during the first hour of baking.

SCALLOPED DISHES

1 cup medium thick white sauce 2 cups cooked vegetables or fish

Arrange the sauce and the vegetables or fish in alternate layers in a greased baking-dish. Sprinkle buttered crumbs over the top, and brown it in a moderate oven (25 to 30 minutes).

BUTTERED CRUMBS

1 cup ground stale bread crumbs 3 tablespoons butter

Melt the fat, and add the crumbs. Remove the pan from the heat, and stir the crumbs thoroughly until all are coated with fat. The dry crumbs may be stored indefinitely in a tightly covered, clean jar; they should not be kept long after being buttered.

SCALLOPED ONIONS AND PEANUTS

Cut the onions in quarters; cook them uncovered in boiling, salted water until they are tender. Drain them, and reserve the broth for soup. Grease a baking-dish, and put into it a layer of onions. Sprinkle over this about 3 tablespoons of ground peanuts. Add another layer of onions and a layer of peanuts. Pour over the top a medium thick white sauce, well seasoned, using about 1 cup for each 2 cups of onions and peanuts. Cover the top with buttered crumbs, and brown it in the oven (25 or 30 minutes).

5526

The Filson Historical Society

April 30, 1927. Frances Ingram

A Bit of Social Color

English I. F. Dr. Holzmecht.

The Filson Historical Society

A Bit of Local Color.

The Saturday night market in Louisville is confined to the north side of Jefferson Street extending from Second Street to Floyd where it straggles out. Jefferson Street forms the northern boundary of the market district, but on Saturday night it is the market itself. The market stretches along the outer edge of the pavement, the awnings of the stores opposite forming a canopy above. The rear of the stands is protected by a canvas that falls from the edge of the awning to the curbing. Here and there where no such protection is offered wagons back up to the pavement from which merchants make their sales. The market, blazing with light, rampant with color, teeming with people of many nationalities, presents an air of real cosmopolitanism.

Come with me some Saturday night to view this interesting section of my neighborhood. As we go forth from Neighborhood House into the night, the street is comparatively quiet and dark. Groups of people are chatting on the steps of the various lodging houses. The restaurants conducted by Syrians and Greeks for a mixed clientele of negro and white, and the negro eating houses conducted by negroes for negroes - all are well patronized. The barber shops are preparing many for the morrow's festivities. The pool parlors resound with laughter and with the click of balls. The "chili parlors" are catering to many young couples with their highly spiced Mexican dishes. The gasoline stations are rapidly waiting on customers and sending them on their way. The various cheap clothing stores are all brightly lighted-and all are "raking in the shekels".

From wagons stationed along the pavement the merchants hawk their wares. The range is wide, from the "grandest suspenders there is" to the "Rose of Dawn Corn Cure", calculated to remove corns

of even forty to fifty years duration. As we thread our way thru the motley crowd, our progress is blocked by a group spilling over into the street. Every one is listening attentively. We hear the strumming of a banjo accompanying the words of a negro spirituelle. We crane our necks to get a glimpse of the player. On the outskirts of the crowd a little Italian girl is improvising a dance to the music, while her young brother is cutting a pigeon wing for the edification of his small friends. The player is a thin, lank, nervous type of negro who, in a beautiful tenor, sings in a weird minor key,

"By and by, by and by,
When we git to heav'n
We'll understand, by and by".

He is possessed by an intense emotionalism. A nervous pallor over spreads his face and every fiber of his being is called into play as he sings verse after verse of his spirituelle. His rhythmical wailing tune takes possession of one. A large comfortable looking negro woman accompanies him by clapping her hands and shouting "Amen", "Yes Lord", "Amen". She is in such a state of ecstasy and in such harmony with the music that she is, even now, in another world. Further on we come upon another group. This is a street "preachin'", in which five women and one man are taking part in the service. Three of the women are sitting on soap boxes out in the street a few feet from the pavement. Two have cymbals while the third has a tamborine. While they clang these instruments, interspersing their music with "Aye Lord", "Yes Lord", "Amen", "Amen, I says", a fourth woman paces up and down in the foreground chanting as she goes, "I've got religion. Glory to God! I was a sinner. Yes, Lord, but I got religion. And the Lord, he washed my sins away. Amen." Excited, her eyes wild, every muscle tense, great

beads of perspiration on her brow, again and again she reiterates in a high monotonous key her story of salvation. Presently, when she retires from the center of the stage to a soap box on the side lines, her place is taken by a large, burly negro who "takes up the preachin' where she leaves off. A little mulatto woman, laden with bundles, standing near me, remark to the friend who accompanies her, "I sure likes her 'ligion."

We are now on the corner of First and Jefferson, fairly dazed by the multiplicity of activities presented there. The street preacher must compete with many rival attractions. There are the soft drink stands, dainty pop corn and "hot dog" wagons, and gaudy "hamburger" wagone. Youngsters are shouting the sale of baskets and bags in which to carry purchases home. On one corner a boy of twelve is selling soft drinks. Many children throng about his minature stand much interested in the pop bottles of various colors that bump into the pieces of ice as they float about in the water. The young merchant's exasperated countenance gives evidence of his difficulties with his would-be customers.

And at last we are in the market itself, among all sorts and conditions of men, threading our way thru the crowd. We marvel at the display of fruit, flowers and vegetables! Along Jefferson Street the restaurants, stores, meat and fish markets are blazing with light and swarming with customers. In one pretentious market a jazz band performs in a gallery.

Such a riot of colors - splashes of orange, yellow and red intersperse exquisite greens and more sober browns! There are oranges, lemons, apples, strawberries, cranberries, bananas, and prickly greenish-orange pineapples. And such an array of vegetables - tomatoes, kale and spinache, lettuce, spring onions, string beans,

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peas, cauliflower, and cabbage! Knobby little ^{red} radishes are peeping out of their leaves, while the white icicle variety invites us to test their cool, refreshing crispness. There is a glory of lovely delicate spring flowers - hyacinths, jonquils, narcissi, tulips, and the more sturdy geraniums, begonias, coleas, adjuratum, and ferns.

The stands are presided over by dark-eyed Syrians, rosy-cheeked Italians, fair-haired Germans, and various types of Americans. One of the latter, a stolid, boxom, rosy-cheeked country woman, sells flowers from a wagon while her husband looks on with his hands in his pockets.

There are everywhere so many children that it is difficult to keep from stepping on them. A father, carrying one infant and leading another, trails along after his wife who is making judicious purchases with the week's wages he has just received. Many of the children who bob in and out of the crowd are the sons and daughters of the merchants. As the evening wears on one is much impressed with the self-control of these little ones who become sleepy and heavy-eyed. Ever so often the "least" ones grab the mother around the knees with a hug that says, "How much longer must I wait to go to bed?" One plump little Syrian girl sits on a box with her head against the brick wall, sound asleep.

Good nature prevails everywhere. The merchants meet the sallies of their customers pleasantly. As the hour grows late the opportunities for securing better bargains increases. "Come," shouts one man at a fish counter, "look 'em over, we are not sellin' now. We're ginin' 'em away."

And, now, my friend, it is time for us to go home. It is midnight and the market will soon break up. We must leave this group of neighbors to their eating and drinking, their buying and selling, and their merry making and religion.

And I have to go to bed.

Thank you very much. I hope you will have a good night.

The Filson Historical Society

WHAT THE PHILANTHROPIC AND EDUCATIONAL INSTITUTIONS OFFER THE
JEWISH IMMIGRANT IN LOUISVILLE.

from what ever country he hails

The Jewish immigrant is well taken care of by the educational and philanthropic institutions of Louisville. The Federation is not only notified of the coming of the immigrant, but on his arrival welcomes him and advises how he can most quickly become adjusted to his new environment and then stands ready to give a helping hand until he has become an independent member of the community. If the immigrant comes direct from Europe, the Federation is informed of his coming by the Immigrant Aid Society after an examination of the steamship records. The Industrial Removal Office sends immigrants only after a conference with the Federation and an assurance that such immigrants are able to be self-supporting. In all cases of unaccompanied, immigrant girls, reports are sent to the Immigration Aid Committee of the Council of Jewish Women. This Committee not only looks after the welfare of these girls on their arrival, but has further planned an educational ^{and recreational} program for their especial benefit.

The public school is the chief factor in the Americanization of the immigrant. The children from Germany, Russia, Austria and Hungary enter this institution of ours with their quaint, foreign ways and customs and are transformed before many years into Americans, with all that that means.

The Federation with its constituent societies is calculated to anticipate for the immigrant every problem growing out of human poverty, ignorance and congestion, and to ameliorate as far as possible the conditions giving rise to such problems. The Federation with its well organized relief department ramified in every

possible way, providing as it does, adequate relief, stands primarily as a constructive agent for any immigrant family that may succumb to poverty, disease or crime. This relief is administered without pauperizing the family. A victim of tuberculosis receives the scientific treatment necessary for his recovery, comforted by the knowledge his beloved ones are well cared for during his incapacitation for work. A mother, on the other hand, may with complete satisfaction resign herself to a necessary operation in the hospital, knowing her little ones are tenderly kept in the children's home. In the case of the widowed or deserted mother where the mother is morally and physically able to take care of her children, she is not separated from them but given the adequate assistance necessary to keep the family group together. The renegade husband is not dealt with gently. He is either persuaded to look after his own responsibilities or brought to justice.

Thru its dispensary, hospital, outings, sewing circles and loan department, the Federation is able to meet every particular need of an immigrant. The transient immigrant also, when he is deserving, is given the assistance he needs.

By its close co-operation with the school physician and the Juvenile Court, the Federation is able to do much effective preventive work.

The Russian Bath House and the Y. M. H. A. both are factors in the life of the immigrant. The Bath House conducts a Hebrew School, which is attended mainly by immigrant children or the children of immigrants. The Young Men's Hebrew Association conducts gymnasium classes which immigrants may attend. At times it conducts a school especially for immigrants. It also promotes literary societies and arranges lectures which are of educational value to the new comer who has been here long enough to understand the language.

The Educational Alliance and Neighborhood House offer educational advantages also to the immigrant. They do this mainly thru their clubs and classes. The club and class work is a means of coming in touch with the individual. It supplements the home and school training and gives an opportunity for the development of native ability and even talent. Then too, a leader of character and refinement makes a lasting impression on the members of his club or class, and serves as a good model after which the foreigner may mould his Americanism. The class and club work is recreational and educational. The educational work is both industrial and academic. The settlement emphasizes recreational work.

Wholesome recreation is necessary for the development of character. I do not believe in this year, 1914, any one of us needs to be told that "All work and no play makes Jack a dull boy." In the settlement environment, the danger in some lives is from

lack of recreation, in others from the character of the amusement available. Young men and young women crave the joy of life and those immigrants who work long hours in factories and stores are no exception. The longing will be satisfied in one way or another. There are the cheap dance halls, the vulgar shows, the questionable restaurants and the saloons, whose object is to cater to the uneducated American and the unknowing foreigner. Wholesome recreation offered in an attractive, accessible form, at this time, is the means of saving young men and young women from the dangers of unsupervised commercial recreation. Most useful and necessary are those various forms of club or class work devised to help girls in developing their capacity for self-amusement and to take advantage of the wealth of recreative possibilities associated with home life. The most popular and in some ways the most valuable form of settlement recreation is found in the settlement dancing parties. The Alliance and Neighborhood House not only do the more formal club and class work, but visit informally in the homes and make many warm personal friends in their respective neighborhoods, and in many instances are able to bring the joy of friendship into lives that would otherwise lack this pleasure. There are many immigrant neighbors who can be helped by the intelligent, sympathetic worker. By an intimate knowledge of the neighbors, many flagrant violations of the Child Labor Law are discovered, due either to the greed or ignorance of the parent, or the unscrupulousness of the employer. The immigrant boys of the neighborhood generally emphasize the need of a settlement friend. The boys' needs are so self-evident that they demand the immediate attention of the residents. The girls' problems are more subtle and are learned more slowly. A growing knowledge of the neighborhood

reveals more and more, the temptations and pit-falls for the working girl. The atmosphere of a congested district, the district where an immigrant generally lives, is fairly laden with vice. An overcrowded home where no privacy is possible for the individual is conducive to a breaking down of moral standards. The saloons with their alluring music, the street solicitor, the assignation houses, leave no loop-hole either for the boy or girl whose imagination is taken hold of by the enticements of the under-world. It is necessary to adjust many misunderstandings between husbands and wives, and parents and children. An instance of the misunderstanding on the part of the immigrant mother is the following. She was not well and sent her daughter to her work in a factory in a very soiled dress. The child's fellow workers taunted her because of her dirty condition. The girl returned home and upbraided her mother. The mother then sent the girl to work in a clean, but unironed dress. The girl was taunted again by her fellow workers. She again upbraided her mother. It happened that this family lived in the same tenement in which a prostitute resided. This woman took pity on the child and laundered the dress beautifully. The girl, who was really pretty, the next day assumed a new role in the eyes of her companions. Her gratitude to this woman for her changed appearance, led in time, to her down-fall.

In America the settlement is a recognized factor in the life of the immigrant, standing for hospitality, interpretation and inspiration to the better ideals of the new country. The settlement makes for the conservation of the family group by aiding the parents, with their old country ideas and language, to understand the child who, so much more quickly, acquires the new language. The child by

his knowledge of the language, which the parent has not learned, stands between his parents and the American world. The very independence may lead the child to his ruin, if the parent is not able to hold his respect and affection, so that the family standards of the old country are not cast away for the cheaper ones of the street.

The immigrant comes to America eager and in a receptive state of mind, ready for good or evil. The young especially is ready to cast off the old traditions and customs, and to imbibe Americanisms. It is the province of the educational and philanthropic institutions to see that this Americanism is of the highest and noblest type, and that the new American citizen is not spoiled in the making.

Francis Ingram

Feb 17, 1914

Council of Jewish
Women.