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1. Not exceeding 5 pounds in weight, 15 inches in length, and 36 inches in length and girth combined, will be accepted for overseas mailing. No written requests are needed between September 15 and October 15 for Christmas packages.

4. PROHIBITED MATTER: Intoxicants, inflammable materials (including matches of all kinds and lighter fluids), injurious chemicals. No perishable matter should be included.

3. PACKING: Use strong paper and twine, corrugated cardboard, or a special shipping box of proper size.

4. ADDRESSING: Print clearly on label the name, rank, serial number, branch of service, organization, OPA number or naval unit to which serviceman is assigned and the postoffice through which the parcels are to be routed.

—Print name and address of sender in left hand corner. Write "Christmas Parcel" on the package.

Printed As A Service To Readers of the CATHOLIC COURIER.

PRECIOUS COOKERS

(A release of the National Catholic Rural Life Conference, Rock Creek Park, Washington, D. C.)

Greene County, Georgia, has an expanded FSA program designed to include approved soil building farm practices, balanced diets and better health, improved schools, and community participation. A more adequate diet was early acknowledged as a basic need. Each FSA family is required to have a garden. They say: "A low-income rural family is making economic and spiritual progress when they plant new vegetables, eat a wider range of home-grown foods."

The county is divided into five districts—with a farm and home supervisor in each, and administrative farm and home supervisors in charge of the whole. Four districts are served by white supervisors, and by Negro supervisors. About one fourth of the families are white, three fourths colored. Since 1939 over five hundred families have been on the program. This is a little more than a third of the farm families in the county, and they operate just less than one third of the plows.

Mother Presides

Most of the borrower families got pressure cookers the first year, and commonly called them "precious" cookers in prophetic mispronunciation. A bushel or two of snap beans a day and a wheelbarrow of squash besides do not cause panic when the use of the home cooker has been mastered. In the peak of the canning season the father and the older boys are not very busy with field work. "The biggest of the canning," observed one mother, "comes in the spare time we used to visit around in the summer."

The traditional subservience of the woman on the cotton farm is gone when the mother presides at the "precious" cooker. Rather she becomes the commander-in-chief of the household. "It set women free," said a man who had been helping his wife can all week. But don't think for a minute that men can't operate the cookers, for Roy Lee Smith, Negro widower near Bairdstown, with the help of his seven children, has put up the canned goods for his motherless family the past two years.

Gives New Life

At first it was often easier to get families to fill their jars in the summer than to get them to empty them that winter. They seemed to think they had finished an assignment when the jars had been filled and stacked away. "I don't keer about the cans myself, but I want to do what they say," you would hear sometimes. So the home supervisors began to encourage them to use their canned goods daily, demonstrated whole meals from jars on their shelves, explained that all empty jars could be refilled with fresh fruits and vegetables. But early summer most of the jars were empty, and many a child's face, and parent's too, had new life in it.

And what if at first some of them did put it in jars just for the supervisors, and then take it out and eat it just for the supervisors! The families now realize that they are doing the canning for their own use. Within three years, most of the women have

The Busy Man's Creed

I believe in the stuff I am handing out, in the firm I am working for, and in my ability to get results. I believe that honest stuff can be passed out to honest men by honest methods. I believe in working, not weeping; in boosting, not knocking, and in the pleasure of my job.

I believe that a man gets what he goes after, that one deed done today is worth two tomorrow, and that no man is down and out until he has lost faith in himself.

I believe in today and the work I am doing, in tomorrow and in the work I hope to do, and in the sure reward which the future holds.

I believe in courtesy, in kindness, in generosity, in good cheer, in friendship and in honest competition. I believe there is something doing, somewhere, for every man ready to do it. I believe I'm ready—right now.—Selected.

FIRM REBUKE

A visitor at the Capitol was accompanied by his small son. The little boy watched from the gallery when the House came to order.

"Why did the minister pray for all those men, Pop?"

"He didn't. He looked them over and prayed for the country."

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