

## Young America and the Magic Carpenters

### CHARACTERS:

*Child*

*Mother*

*Magic Carpenters*

*-Leader of the Drill*

*-Protein*

*-Lime*

*-Fat*

*-Sugar*

*-Magic Triplets*

*-Iron*

*-Laxative Brothers*

*3 Little Girls*

*100% Children*

*-Mollie*

*-Sam*

*Dancers*

### Scene

*(Magic Carpenters march in, carrying milk bottles in place of dumbbells, and give drill. As they finish and fall back into tableaux, a child crying vociferously, followed by her Mother holding a glass of milk, comes in. Then follow 3 pretty, tiny girls.)*

CHILD: *(Sitting on stage and kicking and yelling.)* I hate milk! I won't drink it. It makes me sick!

MOTHER: *(Petting Child.)* Come dear, drink your milk. It will make you healthy like these pretty little girls. *(Turning to 3 Little Girls)* You drink milk, don't you?

3 LITTLE GIRLS: *(Singing.)*

Evening light in the pasture land, twinkling, twinkling,  
Down we go with our pail in hand,

Soft and warm is the milk we take every morning  
When the children begin to wake,  
Mary, Mollie, and I.

LEADER OF THE DRILL: *(Stepping out.)* What is this? A child in this land of America who is not anxious to become a physically perfect citizen? Impossible! She is so undeveloped that she does not understand. Why, milk has a power beyond all other foods to build strong bodies for boys and girls. Every time, little girl *(Child stops whimpering and looks at him),* you drink a

glass of milk, you are really setting to work my fine magic little carpenters. Forward! My Magic Carpenters! Tell this silly little girl who you are.

*(The Magic Carpenters, Protein, Lime, Fat, Sugar, Magic Triplets, Iron, and Laxative Brothers, march in. With arms locked they sing to the tune of "Busy Bee, Come and Tell Me—New American Music Reader I.)*

MAGIC CARPENTERS:

Little girl, come and tell us, pray why are you crying,  
Tell us now are you trying to eat right and to grow?  
Are you going to the garden where flowers are blooming,  
There to drink your sweet milk in the bright sunshine?

CHILD: Who are you?

MAGIC CARPENTERS: We are the Magic Carpenters, the expert body builders.

PROTEIN: *(Stepping out.)* I am Protein, one of the carpenters who build muscle and bring you energy and vitality for work and play. You find me in the thick curd of sour milk and in cheese. I am also in meat, but, remember: I do better work when I live in milk bottles than when I come from the butcher shop.

LIME: I am called Lime or Calcium, and I help build strong bones and firm white teeth. *(Shows teeth.)*

FAT: *(Smiling.)* I am a merry little carpenter, and I help to keep you warm. I give you energy to work and play like Protein does.

SUGAR: *(Putting her arm around Fat.)* I help Fat.

THE MAGIC TRIPLETS: We are very mysterious carpenters. We work as if by magic. No one knows much about us. Men call us Vitamins. We help to make you grow and grow and grow!

IRON: These milk carpenters need me. I am Iron. I help to make good red blood. You will find me in green vegetables and fruit. Eat plenty of them. You will also find me in eggs and meat.

LAXATIVE BROTHERS: We are the body's housekeepers. We do our work through the green vegetables and fruit. We are very, very important! When you feel very, very blue, and think that the world is all wrong, why, just remember us and the work that we do and let us help you.

LEADER OF THE DRILL: Here are some children who seem anxious to speak to us. Who are you?

100% CHILD: We represent the children who are trying to be 100% physically perfect. Mollie and Sam have made up their own speeches. Come on, Sam.

SAM: What does it mean to be 100% perfect physically? The answer is, “To feel fine and good all over and ready for anything.” The 100% perfect boy feels so full of life and energy that he wants to work as well as play.

In a crowd of boys, one can easily pick out the 100% perfect boy. His skin is clear—his cheeks are rosy—his eyes are bright—he is well built and has good posture. All his actions are full of energy.

Anyone can become 100% perfect if he obeys a few simple rules. First of all, you must have plenty of sleep in a room where the air is fresh. Exercise regularly in the open air each day. Keep the body clean. Do not play in the house but get out into the fresh air. But possibly the most important factor in the making of the body strong and well is *food*. Good, wholesome and simple food every day with plenty of water between meals helps in building up the body, and in keeping it in good condition.

Do you know what is good wholesome food for you and I? Milk is the best food for all of us. Milk gives half the power we have in our body. A child that drinks milk today is a healthy man tomorrow.

I am making myself a better citizen—so that if my country needs me, I shall be physically prepared. Cho Cho says, “On the health of the child today depends on the health of the commonwealth tomorrow.” So, boys and girls, men and women, let us all try to be healthy, fine Americans!

MOLLIE: People of America! It is your duty to keep your children healthy! Why give them tea and coffee when we know they are harmful? Why not give them the right kind of food that will make them healthy and make them grow into the finest citizens? And do you know that your children will do much better work at school if they are fed right?

If there should be a war in the future—and I hope there will not be—will a large percentage of our boys be rejected because you have not fed them correctly? No! Not if we all do our duty and eat the right kind of foods.

What is one of the most needed foods for children? Do you know? Well, I shall tell you. It is milk, milk, milk, and plenty of it!

MOTHER: Well, it seems to me that the children of America are certainly blessed that they have good milk to drink!

CHILD: Would I look like those pretty little girls if I drank my milk?

MOTHER: Yes, Child.

CHILD: Well, I want my milk now, and I want more tonight.

MOTHER: Come over here in the flower garden, in the sunshine, to drink it.

*(Dancers, dressed in white, carrying large sunflowers, which may be made of paper, dance in. They dance “Reap the Flax.” As they dance the 3 Little Girls play in among the Dancers. At the end of the dance all the performers pass out to music.)*