THE CARE AND FEEDING OF CHILDREN.

BY ELINOR MURRAY.

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Elinor Murray will be pleased to answer questions concerning the care and feeding of children in this column. Thousands of women in all parts of Canada ahave benefited by her advice and guidance. If you desire any information concerning your child's health, diet, clothing, education, etc., write to Elinor Murray, 515 Manning Chambers, Toronto, and your questions will be answered in this column.

DISEASE RESISTANCE.

It takes very little to cause illness in a baby, and the result is often seemingly out of all proportion to the cause. A digestive disturbance that in a grown-up would cause nearly passing discomfort, will result in acute illness in the baby, often with serious effect; and the infection which passes by the adult finds a quick victim in the infant. To understand this one must consider the two main causes of disease: the germ or infection that is the actual or exciting cause, and the non-resisitance of the individual. Much prominence is now given to germs, yet not all germs are harmful. In fact, some are actually beneficial and necessary The way to avoid disease is not only to kill harmful germs, but to make and keep the body so strong and well that it will resist all attempts of the bacteria to gain a favorable place for growth.

Because this point is so important in its application to babies is my reason for giving this baby talk to-day. In babyhood may be laid the foundation of strong bodily health and disease-resisting qualities.

And, as you know from your own experience and repeated articles in this column, the way to establish this desirable state of affairs is by fresh air in abundance, nourishing food, and attention to the functions of the body to help elimination of waste products. Like three watchful sentinels, these stand guard against the invasion of harmful bacteria.

Helps for the Housewife

COTTAGE PUDDING WITH LEMON SAUCE.

One three-quarters cupful sugar, 3 tablespoons butter, 2 eggs, 1 cupful milk, 2 cupfuls our, 4 teaspoonfuls baking powder, 1 teaspoonful powdered nutmeg, 3 teaspoonfuls cornstarch, 2 cupfuls boiling water, grated rind and strained juice of 1 lemon.

Cream three-quarters cupful of sugar with two tablespoonfuls of butter; add the egg yolks well beaten, milk, flour sifted with baking powder, and nutmeg; mix well and fold in beaten egg whites. Bake in a moderate oven for fifty minutes. For the sauce, mix cornstarch with remaining sugar, add water and cook for thirty minutes, stirring constantly. Add the remaining tablespoonful of butter and lemon and serve

ing Jewellery, and which his Highness Schloss towering above vast stretches

If you would keep the wolf from the door don't inveigle him into the front yard by tid-bits of extravagance.

HINT OR TWO ABOUT CARE OF PIANOS.

A piano should be carefully guarded against extremes of heat and cold, dryness and humidity. Never place a piano on the exposed outer wall of the house. In winter keep it away from the radiators, and in summer from open windows, where the sunshine will crack the varnish.

To Clean Keys.

Remove the footboard and rub a very soft lead pencil over the place where the friction occurs, to stop squeaking.

In cleaning the keys, care should be taken that the cloth is not too wet, and only a few keys should be cleaned at a time, drying them at once. Use a tooth-pick with a piece of soft linen over it, to remove the dust at the back of the keys.

When to Tune.

The most opportune time to have the instrument tuned is in the spring after the furnace is out and soon after the fires are started in the fall, because the change in temperature will put it out of tune. The piano should not be left silent too long as disuse will have a harmful effect on the tone.

SEWING ON BUTTONS.

If a button comes off a tailor-made coat it should be sewn on in a particular way, because you will find that the tailor has given the other buttons "stems," which enables the button holes to slip easilyover them. To do this yourself, cut a ring of cardboard a little larger than the button, and remove the centre. Slip this between the button and the material, the needle passing through the hole in the centre. Thus the thickness of the cardboard prevents the thread from being drawn too tightly. When finished, break the cardboard away, and strengthen the "stem" of cotton by several winds of cotton before fastening off.

CLEANING AN ELASTIC STOCKING.

A correspondent sends the following: Stitch the stocking all round (firmly) on to a piece of calico, or a thin towel; then wash it in coapy water; do not scrub it, nor wring it out of shape. Pull it up and down in the clear water, changing the water two or three times. Finally steep it for a little while in water, and afterwards rinse again. Pull the calico or towel out, so as to give the stocking its proper shape. Dry outside, if possible, fixing the towel only by the clothes pegs.

A GOOD HINT FOR BOILED PUDDINGS.

When making puddings which are to be steamed or boiled, after well buttering the mould, dust the mould or basin on the inside well with castor sugar. Also it is not generally known that the moulds for either fish or meat souffles should, after the buttering process, be well dusted with flour. Treated in this way they will not stick to the mould.

TO CLEAN CEILING.

When the ceiling above the gas jet or lamp has become blackened apply a layer of starch and water to it with a piece of clean flannel. Let it dry, then brush it off lightly with a brush; no marks will remain.

Did it ever occur to you that in home dyeing other articles besides that for which the dye has been purchased may be inexpensively treated to color by immersion into the dye solution remaining in the kettle after work on the first garment is finished? Any slightly discolored white goods, wash tie, georgette waists, cushion covers, etc., may be given numerous pleasing tints.

Cold baked beans mashed and moistened with catsup, chile sauce or salad dressing make a delicous and unusual sandwich filling.

To clean a window shade, tack it to the floor or a table, and go over it with a magic paper cleaner, or else rub it with a rough flannel dipped in dry flour or starch. If the lower edge is faded, reverse the shade, tacking the bottom edge to the roller and making a new hem.

To slice hard-boiled eggs easly and successfully heat your knife in very hot water before using. Do not dry the knfe. To cut marshmallows, use scissors dipped in cold water.

Laces should be washed in milk and water, then "floated" clean and put away in blued flannel.

A pot roast should be browned on all sides in a hot pan before it is put into the pot for stewing.

Starch for the dark calicoes should be made in the usual way, then add to it one pint of clear coffee.

When you see a very busy day ahead, plan a stew in which your vegetables and meat can be cooked in the samo pot.

A memorandum pad and pencil hung beside the pantry shelves is convenient for jotting down supplies which are needed.

CINDER FLOOR FOR GARAGE IS DUST-LESS AND CLEAN

The average car owner may not know that a layer of cinders six inches thick makes a very satisfactory floor for the home garage. The cinders should be thoroughly tamped down, a hose being used to wet them down during the operation. This floor absorbs grease, oil or gasoline that may leak out of the mechanism, and is, moreover, practically dustless.

MAXIMUM TIRE MILEAGE.

Nearly forty per cent. of the tires manufactured are junked before they deliver the maximum mileage built into them.

Poorly aligned wheels, caused by side pressure against curbs, cause tread wear after from one hundred to two hundred miles of runing. One of the commonest abuses is under-inflation, which causes fabric breaks. Every motorist should provide himself with an air gauge to test the pressure frequently.

Tread cuts are experienced by every motorist. It is impossible to avoid sharp stones or rutty roads, which pierce the tread and sometimes the fabric. For small cuts the best treatment is tire putty, while for the larger vulcanization should be done.

When an under-inflated tire strikes a sharp stone, the rubber gives, but the fabric does not. Perhaps several or all of the piles are punctured. The tire may not blow out at the time, but may later. To avoid along-the-road troubles and delay, outside protection and rim-cut patches should be part of every car's equipment.

As important as the casing, the tube should be given attention. When a new tube is placed in position, enough talc should be used so that it will not chafe and stick to the casing when heat is generated. Too much talc will harm the tube.

Chains that are adjusted too tight will tear the casing; they should be loose enough to creep. Storing a car where the tires will come into contact with oil should be avoided, for it has a deteriorating effect on rubber. Driving on car tracks is bad, as the burden of weight on a small portion of the tire will pull the tread loose

A motor drawn and operated lawn mower, which cuts a swatch 97 inches wide, has been invented and found of much value on spacious grounds.

Gasoline is powerful stuff, each pint representing 12,000 British thermal units. A British thermal unit means the power necessary to lift 750 pounds one foot. A pint of gasoline contains enough power to lift a ton to a height of 3,500 feet.

Over 1,000,000 spark plugs and spark plug cleaners were shipped by one American manufacturer to foreign countries last year.

JUST BOOKS

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THE LIFE OF MRS. ROBERT LOUIS STEVENSON.

By Nellie Van de Grift Sanchez. Charles Scribner's Sons.

Her sister's "Life of Mrs Robert Louis Stevenson" is a book which everybody with a Stevenson shelf will want. For it acceptably fills that gap in common knowledge of Stevenson's productive years which all of us who were not privileged to know his widow in her seclusion had constantly felt. We had to imagine her from Stevenson's tributes to her, these pieced out with a few guarded tributes paid her by his biographer, the editor of his "Leters" and one or two more of their literary friends.

Wherever she went she was both honored for his sake and warmly admired for her own. It was the former she valued; with a decidedly positive character, she had a sensitive abhorrence of any conspicuousness in print, and writers, if they knew her, always respected it.

In Stevenson's lifetime, and for a while after, there was more to conceal her than this—a fog of wretched nonsense, on both sides of the Atlantic, of which we are sufficiently reminded now in Mrs. Sanchez's work. London gossips made her out a demi-barbarian from the American wild west; shallow Americans matched them with a piously malignant interest in her two marriages. As Mrs. Sanchez suggests, divorce at the time she obtained one (on the best of grounds) was of itself a scandalous thing in our world, irrespective of the merits of a case. And there was the well known circumstance that Stevenson was much the younger of the pair—always agitating to the village mind and tongue.

One by one through this fog as years passed came indications of the truth that intelligence must have surmised before: Stevenson's wife had been the making not only of his happiness, but of himself and his career. She had even prolonged his life over that period in which he established his fame.

The biographer's own association with R. L. S. ended with the Monterey days, so that for the life of the Stevensons in Europe, at Saranac, in the South Seas and at Vailima she depends on the familiar records, with letters and other material, to clothe the framework they afford. Especially interesting are excerpts from a diary kept by Mrs. Stevenson of her life in Samoa. When the home at Vailima was broken up the diary chanced to be left behind; it found its way to Europe, and fell into the hands of an English lady who sent it to Mrs. Sanchez. Every Stevensonian will hope that some day the whole of it will be published.

The Quiet Observer

The Political Aneroid

No amount of virtue on the part of a government, no skill or wisdom in legislation, no degree of conscious innocence and integrity, can save it when the people have made up their minds for a change. Right and wrong in politics are decreed by the people, and there is no way of evading this tribunal. In the "khaki" election preceding the close of the Boer war Rt. Hon. Arthur Balfour found himself with a formidable majority. He used the majority after peace had been established to pass an education bill distasteful to a large section of the country, and to endow the licensel victuallers with vested rights which they had never before possessed. The result was a series of elections in which he and his party were submerged, and, but for the great war, it looked as though he might never come to the surface again. The late Ontario Government could not read the signs of the times in this respect, and could not believe those who did. The election movements in the western provinces presage variable weather indications on the political aneroid, and political leaders should give the instrument a sharp tap or two before breakfast these mornings.

Forest Wastage

Nothing is more striking to the railway traveller across Ontario than the vast expanses of ruined timber. They say the lumber districts are burned over on an average every generation. This means that timber over thirty years old is scarce. Along the railroads secon-growth, scrub timber is the rule, except where on passess mile after mile of recently blackened stems, or the slim bleached skeletons of earlier fires; or, as already this year, the dense smoke clouds rolling high of a present conflagration. The reeent fires in the Maritime districts only emphasize the verdict of the forestry experts that the anual growth is not equal to our wastage plus our consumption. This means that our forest resources are gradually decreasing. It is impossible apparently to create public opinion sufficently strong to have the situation properly deal with, and no government appears to have the strength of purpose to pursue such a policy as European governments adopt to conserve and perpetuate their forest wealth. The Commission of Conservation and the Forestry Association are voices crying in the wilderness, but there is not a farmer and there is not a citizen in any corner of the Dominion whose personal interest is not directly concerned in the proper administration of our forest property.

ANative Pottery

An example of what can be done in the face of difficulties by enterprse and persistence is to be found in the Medalta pottery at Medicine Hat. The name is evidently a combination of the postal contraction for Alberta, and the first sylable of the prairie city. Four years ago the concern had five employes, and to-day there are forty-two. It is the only place of its kind in the Dominion, and it is almost entirely the result of work done on the spot, even the machinery having been of native construction But it is of the latest design and thoroughly up-to-date. The wonder is still greater, however, for there is no pottery clay at Medicine Hat. It has to be brought from a deposit 120 miles away, and it cannot be brought direct, but has to come by a circuitous route over 450 miles of railway. There is, though, the advantage of natural gas, whien compensates in some measure for the absence of clay Mr. Pratt says that if coal were delivered free at the pottery it could not be used to the same advantage as the natural gas, which is cheap, and provides the most equable heat possible. These stoneware products are baked at a temperature of 2,300 degrees. Jars, crocks, tubs and other utensils are made in the glazed stoneware, and flower-pots and other articles in unglazed earthenware. The quality is of the highest, and shipments are made all over Canada, from Vancouver to Prince Edward Island, including Winnipeg, Toronto and other cities. This wholly Canadaian industry turns the very earth into wealth, and the country and all who dwell in it are the richer for such industry.

A Gasoline Patent

A patent is being applied for by a man in one of the prairie provinces that is likely to revolutionize all businesses depending on the use of the gasoline motor. It is pretty well known that we only get about five per cent. power out of the coal we use. We get little more out of our gasoline. If we could get fifty per cent. power out of our gasoline we would only require one-tenth of our present consumption. The western man's invention is in that direction, and may do better. It is the application of a comparatively simple principle, and has developed astonishing power in an ordinary motor engine. In a four-cylinder motor-car, heavy build, on a piece of steep hill-climing, it started on high at ten miles, and went over the top of the hill at 52 miles an hour. The same car ran clean away from a modern six-cylinder car, the owner of which was not satisfied and challenged again. He wished to succeed, and quietly doctored his tank with a quart of ether. He did not know what he was up against, and the old car with the new patent ran away from him. On a test it was found that the four-cylinder car ran 116 miles with one gallon of gas. The patent will not be of expensive construction, and can be adapted to any engine. Will the reduced consumption of gasoline lead to a rise in price of that commodity should the new invention be placed on the market? That is a problem for the consumer.

The I.O.D.E. Convention

Comments on the I.O.D.E. convention in Vancouver have been of the most varied character, from the slighting allusions to the "hen parliament" up to the most slavish adulation for the "honored leaders." It would be difficult to say whether most sense or nonsense has been talked about it. The Daughters of the Empire do not differ greatly from the Daughters of Canada, or the Daughters of Ontario, or even the Daughters of Scugog if you give them time enough. The Daughters of the Empire are all right, but it appears from the Vancouver meeting they needed a little fixing. They will attend to that themselves. The women of Canada have been enfranchised, and they must learn to use their privilege, just as men are doing. Men are not so far ahead of women in this respect as to justify any boasting. No doubt there was violent partisanship at Vancouver, and a lobby equal to anything at Ottawa. But the women themselves revolted when they discovered the result of political tactics. The president-elect resigned rather than make another attempt to co-operate with incorrigible elements, showing thereby undoubted political sagacity and admirable independence and selfishness. Most men would have hung on to the job. It would be a mistake to think the I.O.D.E. unimportant. Whatever opinion may be held of the objects of the order, its affairs and management afford women valuable opportunities to gain experience in public matters, familiarize themselves with the rules of debate, and generally cut their teeth on the hard tack of the dispatch of public business. All of which is conceivably more important than the private affairs of the order, with which, of course, the public has nothing to do

A Russian Leader

Russia continues to supply material for the most speculative student of contemporary history. If there were any certainty about the principle of evolution, whether it be the survival of the fittest, which seems to mean the craftiest; or the survival of the strongest,; or the survival of the best, which is scarcely conceivable, one might venture to judge the result. But in the absence of fixed principles all that is posible is to speculate on what will happen next. Affidavits arrive one day describing the revolting details of the assassination of the Tsar and his family. The next comes an apparently equally reliable account of how they are living quietly in Japan. Then comes the news that Brusiloff is in command of all the Soviet armies. One thing we do know from history, and that is when chaos comes in human affairs only a great leader can bring back order, and the situation always furnishes a man. The man may be selfish, like Napoleon or William the Conqueror; or he may be benevolently wise and unselfish, like Alfred the Great or Cromwell, but he serves the purpose and gives his nation a new start or a new impulse. This is what Russia needs, and Brusiloff may be the man. His death has been reported several times during the last five years, but he has turned up again as strong as ever He is as likely to unite all Russia, weary of bloodshed and hunger, as any other.

DO AEROPLANES CARRY PESTS.

That farm pests may be spread by aeroplanes which are rapidly linking up different countries was a possibility foreshadowed by Mr. H. Maxwell Lefroy during an address at the Royal Institution, London, Eng. He reminded his hearers that the Australian blow fly, which was probably imported from England, did immense damage to sheep stocks in Australia.

JOE MARTIN — A LONG WET SPELL AHEAD