# KEEPING HOUSE FOR BABY

BY DR. FLORENCE L. McKAY.

Conditions in which babies are born are nowhere more variable than in our own country.

In thinking of habits varying enormously there come to our minds such pictures as that of the baby in the Northern wilds, so buried in snow for many months of the year that ventilation during both day and night. At the windows are covered; or of night, of course, they are more widely open. In Southern Ontario with the baby in the open air and sunshine where the heat is often excessive, of the baby in congested districts where he lives up the dirty stairs and sleeps in a room with his brothers and sisters in the of one or more other drafts, and with a crowded in a room during the daytime usually of fresh air and at least one such ordinarily even in weather.

### NO NEED TO FEAR NIGHT AIR.

Windows should be opened for ventilating both day and night. At night they are more widely open. It is often found more satisfactory to air and sunshine cloth is tacked on a wooden frame and this is placed in the window opening. This breaks the current and makes less draft. Smaller frames about six inches in depth can be made for the evening. One at the top of the window and one at the bottom during the daytime usually a good supply of fresh air, and at least one such is needed ordinarily even in weather.

Do not be afraid of night air. It is purer than day air, even and does not harm the baby in any other way.

The baby should always be protected from a night from a direct draft of air. In addition to a screen, described a few about five feet high, between the window and the baby must be used to be sure of comfortably warm, especially hands and feet.

The bed covering should be light and ready for use. If you have a room with a fireplace important to ventilation at night is more than one person the baby an extra is available. Mothers that they or the baby's to sleep in cold air. better for all adults to have fresh air but if those who cannot accustom to this good habit the baby to have a room with the single ventilation

There should be nothing in the baby's room that is not useful and can be kept scrupulously clean. Furniture should be such as will allow cleaning with a wet cloth. This means, of course, that there should be no upholstered furnishings nor draperies nor unnecessary ornaments.

The room should be freshly papered or painted each season to be removed from the baby's use a wallpaper will be found satisfactory if the finish the will allow wiping with a damp cloth. Such papers with designs for children are available in many stores. The may often be secured separately applied upon painted walls, to the attractiveness of to the entertainment of as he grows to appreciative

The floors should be bare and preferably hardwood. If, however, the only kind available painted or varnished satisfactory. A linoleum may provide floor covering. Rugs if washable. Shades which light are all the windows with curtains covering the to shut out the light. It is not to have curtains in a baby's room as window shades. However, or other attractive at the sides of the window as if desirable providing possible.

It is possible with a little thought to make a nursery both sanitarian and at the same time attractive.

## Types of Hay for Markets.

Quality is the purity of hay a matter of the trade is to be sure that the requirements of the grade as to character must be complied with.

Where the demand is from timothy, clover and alfalfa is usually expected, points out Mr. W. R. Horton, Chief of the Feed Division of the Dominion Seed Branch. This demand comes in particular from areas surrounding large cities where farmers cater to the milk requirements. In these districts themselves there is always a certain call for timothy hay for the horses, and clover and grass-mixed hays are not wanted. Owing to the steady demand and higher market prices, Mr. White continues, timothy hay is often regarded as a more valuable crop than other types of hay in districts which are specially adapted to its production. Because of the high value of clover for general feeding purposes, and its lime content, for pasture and as a soil builder as well as for the increased yield, the production of clover-mixed hay rather than straight timothy is commonly recommended for those areas where clovers can be successfully grown. A good, thick stand is essential to the production of heavy yields of high grade hay, thin and worn-out meadows only producing grassy hay and becoming infested with weeds, which cannot be separated at the time of pressing, but, being included in the weight of the bale, lower its value and consequently its grade.

The Real Cheese.

"That's the real cheese now," said the Assistant. "No, ma'am; the real cheese, the boss."

# S.S. LESSON

August 16. Temperance Lesson, Gal. 5: 13-24. Golden Text—Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap.—Gal. 6: 7.

ANALYSIS.

I. CHRISTIAN FREEDOM IS GOVERNED BY LOVE, 13-16.

II. THE SPIRIT, NOT THE FLESH, IS TO BE THE CONTROLLING FACTOR, 17-24.

INTRODUCTION.—St. Paul found the Galatian churches assailed by fierce temptations, to which a passionate and excitable nature made them prone. One of these temptations was to intemperance. We should remember that most of these converts had only recently been won from heathenism and had not the safeguards or the self-control which centuries of religious teaching have imparted to later Christians. When Paul brought the Galatians to Christ, they asked by what rule they were to live. Paul answered "By the Holy Spirit which was shed abroad in your hearts." When they asked how they were to recognize and know the Holy Spirit, Paul gave them these answers: (1) the Holy Spirit is the spirit of love to one another, (2) the Holy Spirit is opposed to the selfish and sensual cravings of the flesh. These principles, which have a special bearing on Christian conduct, are illustrated in our lesson for to-day.

I. CHRISTIAN FREEDOM IS GOVERNED BY LOVE, 13-16.

V. 13. St. Paul gave his converts now written [illegible] to live by the Spirit. This meant freedom from outward law, for the Spirit is an inward principle. At the same time St. Paul points out that the Spirit is the highest and best of all laws. So far from Christian freedom meaning that the Christian is able to do what he likes, it means the constant obligation to live for the highest things, and always to act in love. The man who has the Spirit of Christ, therefore, will not give way to selfish indulgences. As the apostle puts it: "You, brethren, are called for freedom; only do not make your freedom an occasion [illegible] or sensual (or intemperate) living, but through love seek to serve one another."

V. 14. If a man has love—the love which the Spirit of God sheds abroad in Christian hearts—he has grasped the whole principle of obedience. "The whole law is fulfilled in one word, in this namely: Thou shalt love thy neighbor as thyself." St. Paul is here repeating the teaching of our Lord himself. Compare Matt. 5: 43-48 and 7:12.

V. 15. On the other hand, if men give way to selfish and unbrotherly passions, wounding and undoing one another by spiteful words and deeds, they fall away from the Christian way of life and need not wonder if such conduct lead ultimately to their own destruction.

V. 16. The Christian principle is: "Walk (that is, order your lives) by the Spirit," that is, by the new, loving instincts and influences which Jesus Christ creates in his followers' hearts. So doing, Christians will not obey "the lust of the flesh"; they will defeat and overcome their lower nature.

II. THE SPIRIT, NOT THE FLESH, IS TO BE THE CONTROLLING FACTOR, 17-24.

V. 17. Every man has two natures in him, a lower and a higher. The lower is what we call "the flesh." It is made up of selfish and animal appetites, which crave to be indulged. It is this nature which tempts so many persons to a drunkard's life and grave. On the other hand, man has a higher nature in him which is akin to the Spirit of God himself. The Spirit of God seeks to reach and inspire this nature with new energy and power. By living for this higher nature men become saints and followers of Christ. Every disciple, therefore, has to "deny" or disown the lower nature, that with his higher nature he may give himself to Christ.

V. 18. Paul points out that if Christians thus live by the Spirit, they do not need written laws, because they have a divine motive of life within their own heart.

Vs. 19-21. Paul now enumerates what he calls "the works of the flesh." They are the things to which men come if they do not live by the Spirit of God, but indulge their lower appetites. At the same time he solemnly declares that these sins exclude those who commit them from a place in the future kingdom of God. When we look at the list we find that the first four refer to impurity in act or thought. The next two are due to men's falling away from God into heathen irreligion or magic. The next six or seven are sins springing from selfishness, making men jealous of others' good, or hateful and unbrotherly. The last two refer specifically to drunkenness and dissolute living. St. Paul goes through the whole sorry list, and bids the Galatians take warning that those who practice such things will eternally lose the presence of God.

Vs. 22, 23. Over against these works of the flesh, St. Paul presents in all its radiant beauty "the fruit of the Spirit." Teachers and pupils should commit these lovely words to memory. When the Spirit is the controlling factor in human lives, it produces "love, joy, peace, longsuffering, gentleness, goodness, faithfulness, meekness, temperance." These are the things which we need in order to live a Christian life.

V. 24. St. Paul reminds his readers that between their own new given Christian nature and the old life of the flesh, with its passions and appetites, there must be no compromise. The Cross of Christ stands between the old life and the new. Christians must regard themselves as having a death to die in Christ by slaying sinful passions.

## Wheat for Bread Making.

In each of fifteen years, the varieties of winter wheat grown in the experiment in the Field Husbandry Dept. at the Ontario Agricultural College were carefully tested for bread production in the Bakery Branch of the Chemical Dept. at the College. Those varieties of winter wheat which produced the largest loaves of bread from equal quantities of flour in the average test made, are given in the following order: Yaroslaf, Buda Pesth, Banatka, Tuscan Island, Crimean Red, Tasmanian Red, Egyptian Amber, Kentucky Giant, Treadwell and Michigan Amber; and those which produced the smallest loaves were: Abundance and Early Red Clawson.

One milk pail, made of good heavy tin, will outlast three or four of thin, poor material.

1056—Ladies' One-piece Dress, having box-plait in centre front, and sleeves in two lengths. Sizes 36, 38, 40, 42 and 44 inches bust. Size 38 bust requires 4¼ yards of 38-inch or 40-inch, or 3 yards of 54-inch material. Price 20 cents.

1127—Large Women's Dress, with pleats front and back, convertible collar and long or short sleeves. Sizes 40, 42, 44, 46 and 48 inches bust. Size 42 bust requires 4⅜ yards or 40-inch, or 3¾ yards of 54-inch material. Price 20 cents.

Home sewing brings nice clothes within the reach of all, and to follow the mode is delightful when it can be done so easily and economically, by following the styles pictured in our new Fashion Book. A chart accompanying each pattern shows the material as it appears when cut out. Every detail is explained so that the inexperienced sewer can make without difficulty an attractive dress. Price of the book 10 cents the copy. Each copy includes one coupon good for five cents in the purchase of any pattern.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Pattern Dept., Wilson Publishing Co., 73 West Adelaide St., Toronto. Patterns sent by return mail.

## Wolf Habits and Importance.

Accounts of wild life and descriptive history of such animals are always interesting, particularly so when commercialism is involved. Of this nature is Mr. Norman Criddle's "The Habits and Economic Importance of Wolves in Canada," published at Ottawa, and which can be had free on application to the Publications Branch there. Last winter, it will be remembered, wolves were particularly prominent in the public mind, partly owing to their boldness and partly due to the formation of large hunting parties to pursue them. Mr. Criddle tells of grey wolves, Arctic wolves, timber wolves and coyotes, describing their habits, methods of feeding and economic status. He also tells what farmers and outlying settlers most want to know, how the animals can be trapped, poisoned or otherwise destroyed and how the skins can be preserved.

The best cow has her home on the farm of the best owner.

## The Green Cabbage Worm—Artificial Control.

Control experiments, involving the treatment in three series of 5,000 early and late cabbages, with pyrethrum powder and lead and calcium arsenate dusts and sprays, lead to the conviction that under local conditions dusting with lead arsenate and hydrated or air-slaked lime in the proportion of one part to fifteen parts is the most satisfactory form of treatment. The dusts were found more satisfactory than the sprays in that they can be moved and applied with the aid of ordinary hand dusters, in one-fourth the time occupied in spraying. They spread and adhere well if applied when the leaves are wet with dew, whereas sprays to which soap has been added as a sticker have a low surface tension and much of the liquid is lost in the soil, so says the Dept. of Horticulture, O.A.C.

In these experiments calcium arsenate dusts gave less satisfactory results than the latter giving perfect control. Calcium arsenate applied in the liquid form gave extremely poor results as well as causing some burning to the foliage. Pyrethrum powder used with four times its weight of hydrated lime proved satisfactory, but can hardly be used on a commercial scale as it costs ten times as much as the arsenate of lead dust.

Judging by this season's observations early market cabbages escape serious injury and whether treatment is ordinarily necessary or not must be left to the grower's discretion. For late cabbages and cauliflowers two applications should be sufficient in a normal season, the first about the middle of July and the second four or five weeks later. When the butterflies are very abundant a third application may be necessary early in September.

## Inexpensive Flower Bowls.

I bought a nest of glass mixing bowls for the large sum of seventy cents at the five-and-ten-cent store. I also bought several of the little glass flower holders to use in the bowls.

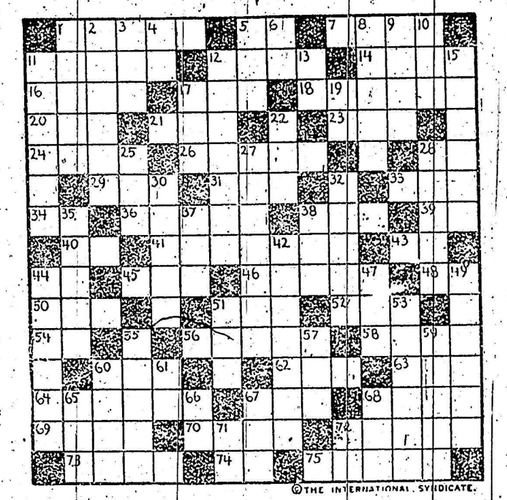
One or two of them I used just as they were, and they make very pretty flower containers. But there were some special colors that I wanted, so I mixed up oil or dull enamel paints until I got my desired hue and gave the glass bowls two coats of this on the outside. This added a decorative note I wanted and all didn't cost any more than one of the colored glass bowls one sees in the shops.

There are many possibilities in decorating these glass bowls. Bands of black with bright flower, borders painted on them are effective. Conventional borders of many colors, or one can choose a motif from the figured draperies of the room, and make a flower bowl to match.—F. T.

A wet cloth hung over the bread pan will prevent bread from becoming stale.

Study efficiency! A brush and a can of kerosene are mighty good tools to loosen dirt and rust so that bearings can be properly adjusted and bolts and nuts tightened.

## CROSS-WORD PUZZLE



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HORIZONTAL

1—Pluck
5—Stand as you are (interj.)
7—Naked
11—Sudden gush of liquid
12—A pleasure ground
14—To make a hole in
16—Pulled apart
17—A tropical fruit
18—To journey about
20—Part of verb "to be"
21—A musical note
23—Point of compass (abbr.)
24—To roar or cry, as deer
26—A heron
28—Left Side (abbr.)
29—A well-known tree
31—To soak, as flax
33—Exclamation of disgust
34—Interjection
36—Ship crane for hoisting boats
38—To mend
39—Egyptian sun-god
40—Indefinite article
41—Arranged in layers
43—Prefix, same as "ad"
44—Period of time (abbr.)
45—A member
46—A girl's name
48—Interjection
50—A kind of poem
51—Interjection expressing impatience
52—Possessive pronoun
54—Yes
56—Watery discharge from the eyes
59—Shade of color: tone
60—Suffix, same as "ess"
62—An alcoholic liquor
63—French coin
64—To make sad
67—Possessed
68—Evergreen trees
69—Looked at closely
70—A membrane
72—To wash off in clean water
73—Narrow beams of light
74—A metric measure of length (abbr.)
75—A province and its chief city in Belgium

VERTICAL

1—A germ
2—Wholly; very
3—Vase
4—A division of the Bible (abbr.)
5—Bend downward
6—Conjunction
8—Humble
9—To roam over
10—Before (poet.)
11—Strongly placed: balanced
12—Wanderer or wayfarer
13—Knights Templars (abbr.)
15—A Hebrew prophet (Bible)
17—Enemy
19—A musical note
22—A variety of mineral coal used for ornaments
25—Guided
27—An escort; cortege
28—A familiar tree
30—A division of British Isles
32—Giving milk, as a cow
35—Robust; strong
37—An advance-guard, as of any army
38—A device for agitating the air
43—Derived from or produced by nature
44—Harsh and rough in sound
47—In addition; besides
49—Blunt at the extremity, as a leaf
51—Definite article
53—Going up
55—Nickname for an Irishman
57—Wet, slippery soil
58—Pertaining to Scandinavian countries
60—A nation
61—Point of compass (abbr.)
65—A city in Ayrshire, Scotland
66—S. E. State of U. S. (abbr.)
67—To sing in a low tone
68—An expression of impatience
71—Part of verb "to be"
72—New England State (abbr.)

# PICNICS FOR MOTHER

BY ALICE MARGARET ASHTON.

More and more are Canadians—particularly country dwellers—turning to the family picnic a la automobile as a summer pastime.

Are these picnics a joy or are they an added burden to the already busy country mother? The answer to this pertinent question is really up to mother herself.

If a picnic presupposes the packing of huge baskets with fancy cakes and desserts, the tedious making of many elaborate sandwiches and a subsequent painstaking serving of these dainties, mother is pretty sure to come home fagged and inclined to dread the mention of another picnic.

If your family are real lovers of picnicking they will enjoy the spread picnic, and best of all mother may also find rest and recreation in it.

One mother who felt the family picnics desired by her family to be the proverbial last straw, seeking the boy's plan an easier picnic. To the astonishment they placed some slices of salt pork in a deep iron pan, upon this arranged quarters of potatoes, young carrots and green onions. Will a basket of cups, butter, sugar, salt, vinegar, and a coffeepot containing a bag of coffee. They declared their preparations complete. Arrived at the picnic ground they built a fire under the trees, after fresh water had been boiled for it and the coffeepot. Leaving her to watch the fire the others went in search of a spring to obtain water. Returning they found that she had placed the pan of pork and potatoes on the fire and was busily engaged in frying the onions. When the potatoes were done she poured off the fat, added the onions, and seasoned the whole with salt and pepper. Then she added the vinegar, and the potatoes were ready to serve. The pork was served on a platter, and the coffee poured from the pot. Bacon and eggs or sausages and easily-cooked vegetables, boiled or roasted green corn, are easy and much-liked combinations.

## "Moving Bees."

Moving bees consists merely in transporting them to the new location, but in making them stay there.

As bees range two or three miles from the hive in search of nectar, they will, if the new location is within this area, likely return to the old stand, however, it is outside the area where placed.

The best time to move bees is in spring or fall when the weather is cooler and the homing instinct less than in the summer.

To move in summer time, confine inside the range of flight, that is the bees to a point outside, shut them down cellar for a week, then move to ultimate location.

If the move is a short one, as by wheel barrow and bump the hive in place no object to attract the attention from that of the entrance, change the appearance of the location as much as possible.

The colony should be prepared for transportation in the evening or early morning to prevent loss of bees.

The bottom-board and hive body should be fastened to the hive body by means of cleats and nails.

To close the entrance a piece of wood, about one inch thick wide and, as long as the entrance is wide, and about two inches longer than the entrance, is cut to fit the entrance. Insert this piece into the entrance with the longer leg of the "V" to the bottom and the other to the face of the hive, and fasten with laths and nails.

Should the weather be hot, make a two-inch frame of dimensions similar to the hive body, and cover one side with wire gauze. This super is placed on the hive in place of a cover giving ventilation and clustering space.

If transportation is by waggon or automobile, place the hive so that the frames will be parallel to the direction of the vehicle; if by railroad, place them parallel to the rails.

### Rough Going.

A little girl was crossing the Atlantic with her mother. It was her first ocean trip. The sea was smooth as the proverbial millpond for the first three days; then the ship began rolling and pitching heavily. The child couldn't understand what had happened. "Mamma," she said, "what's the matter; are we on a detour?"

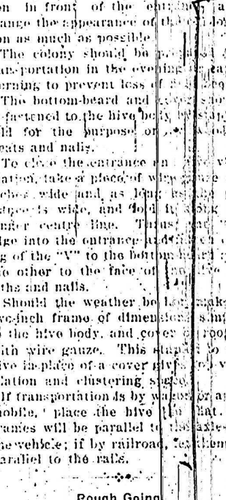
### Eye on the Ball.

An Englishman was teaching a Scottish business friend how to play golf. On the first tee, he poured out a copious stream of instructions and would up with the fine old maxim:

"But, remember, Sandy, whatever you do, keep your eye on the ball."

"I will that," said Sandy, who had just paid a crown for it. "I'll no trust that caddie o' mine at all."

Answer to last week's puzzle



One of the dirtiest tricks any cow can have is that of getting flies with milk to make the foam on the bucket. No such milking should be tolerated on a first class dairy farm.

## What is Your Diet?

[illegible] is the common [illegible] of "What [illegible] shows a change in [illegible] menace, in the [illegible] Under natural [illegible] if self-regulating [illegible] and illness naturally [illegible] changes, so gradual [illegible] not been aware [illegible] the greatest change [illegible] in the last fifty [illegible] ough our commercial [illegible] stuffs have [illegible] them appeal to [illegible] ate, instead of [illegible] body.

This has brought [illegible] and increased [illegible] forces. With the [illegible] of [illegible] But the fundamental [illegible] that disease [illegible] and will [illegible] breathe beings [illegible] providing [illegible] bodies, are [illegible] of [illegible] are giving [illegible] ing rid of causes [illegible] and are therefore [illegible] to diet. Most [illegible] the patient must [illegible] breads, but down [illegible] of sweets and [illegible] the consumption [illegible] ies and fruits.

The farmer who [illegible] der knows the [illegible] ding. Fundamentals [illegible] one for humans [illegible] wonder if these [illegible] have realized that their [illegible] uld benefit themselves [illegible] rsonally.

When we will get [illegible] ple and fundamental [illegible] ing, many of our [illegible] appear, even such [illegible] ers, tuberculosis, [illegible] like.

## Alarm-Clock Reminders.

An alarm clock can be made a real household reminder. I first learned this when our oldest was born. He was one of those extra healthy infants who would not wake up for his feedings and [illegible] fed him regularly. I set the alarm clock every three hours all day to remind me that it was his feeding time.

When my chicks are hatched and until they are two weeks old I feed them at two-hour intervals. I then set my alarm clock much as I did when Junior was small. It saves me having to keep the feeding time in my mind. When I work in the garden or do cleaning or ironing I set my alarm clock to ring fifteen minutes before I must start dinner.

I find it especially useful when I sew. With supper on my mind or chickens to attend to, my sewing is always a bugbear; but when I set my little alarm clock, allowing ample time for these chores, I can relax and sew. There are endless uses for it to save worry—when I promise to phone someone at a particular time, if I am to send a cold drink to the field, when my bread should be ready for the pans or when it is time to put the beans in the oven.

The little alarm clock can just as well shoulder a lot of those time worries and leave my mind clear for something else.—F. E.

If it were possible to measure the amount of heat stored up in the oceans it would also be possible to forecast the weather three years ahead.

No matter how good a strainer we have, we cannot get particles of filth out of milk once they get in. The only way to get them out is to keep them out by clean milking.