

About the House

PERSONAL APPEARANCES AND HOUSEHOLD WORK.

Some women who work about their own homes neglect their personal appearance, one might say, shamefully. It is at least a pitiable thing to see a woman grow so absolutely careless of the love and respect of those around her. Many a graceful young girl, with good figure and pretty face, after serving an apprenticeship for a few years following her marriage at housework, develops into a toad-headed, slatternly matron. Women are by nature proud creatures. They want to be loved, and they like to be admired. There must be some good, some excellent reason for this common metamorphosis of women after entering the duties of a home.

There is a great deal of current information to the effect that housework and the common duties of life may be reduced to mere child's play, or simply a butterfly existence. However, it is customary yet among those whose personal equation has practical work in this line for its equivalent to refer to housework as drudgery, and the routine duties attendant upon the care of a household, no matter how trivial, are generally regarded as arduous. An on-looker often marvels at this, especially one of the male persuasion, since the preparation of dainty meals and the whisking around of dust brush or cloth in tidying up rooms bears to him but small suggestion of labor. Well, like all questions, this one has two sides to it. Undoubtedly a great deal that is objectionable in housework wears more upon the mental than upon the physical condition of women. In the first place, very few women are born housekeepers, and know just how to manage and systematize things to make them easy. Very few women have the knack of being daintily and tidily dressed when about their work. Some being clumsy and awkward, soil and tear their clothing, while others never find time to devote to their toilet.

No one realizes more than the woman herself, when she appears before her family and friends attired in unfit and unbecoming old clothes, the misery of it. One reads in the magazines and papers just how to look well under all circumstances, but practically, it is another story. Everybody knows how step by step a woman grows careless of herself if she finds it necessary to do for others. Besides lack of time there is frequently lack of funds, and an unselfish woman supplies her family's needs before her own are thought of. Many times the realization that she is looking like a fright tries a woman's nerves to the extent of irritability. Sensitive women often become hardened to the amenities of life through a constant neglect of person. A woman drifts into this slipshod way of living before she realizes it. Her first intimation of the change may be when her husband looks askance, and with a perturbed, perplexed manner, refers casually to her tousled hair. A man always thinks a woman is looking well when her hair is neatly and becomingly arranged. A slight allusion to her tout ensemble may occasion a serious outbreak on the part of a woman who possesses nerves and may end in a copious supply of tears. Women are much alike, take them the world over. Henceforth there is usually nothing further to call to mind the fact that the family housekeeper is rapidly developing into slatternly ways, until a stranger appears unannounced and unexpected. Then the extreme mortification is keener than at first.

Lines and wrinkles are added to faces through the unfortunate way in which some women carry their responsibilities around with them at all times. They take them to bed at night, and get up with them still burdening their shoulders in the morning. Did you ever notice that faraway preoccupied air that many women possess even when one endeavors to enter into conversation with them upon most entertaining topics? You see they are wholly taken up with the cares of to-morrow or next day if not with those of to-day. It may be they are wondering if it will rain on their wash-day, or planning how to make a dress for one of the children, or making out a market list for to-morrow. The habit of dwelling on these things has become so engrossing that it fills up their lives to the exclusion of everything else. They are narrowed down to a routine of thought and purpose that completely possesses them. No woman is satisfied with this, since she understands that she is missing the best in life. She blames all upon her environment (which means her housework), over which she seems to exert little or no control or sway. She grows crabbed and indifferent. Sweet faced girls we find developing into garrulous, hard-faced women. Life seems to lose its color and romance for them.

Maybe this view is old-fashioned. Of course modern ways and conveniences and club methods have brought forth a broader outlook and a different viewpoint for women, but woman has not changed much after all. We find the same care-worn, over-burdened class of women among housekeepers as of old. It is the mental wear and the nervous dissatisfaction over her narrow, uncongenial life that tells upon most women. The club woman has theories, but the practical worker has nothing but experience. She has no club, and very little sympathy or companionship. Her life is full of dull work. It will take many generations of training schools

and simplified methods to reduce the routine of every-day life to a minimum. Tastes and inclinations will have to be taught to follow the line of necessary duties, thereby including a higher training or moral culture. Courage and adaptability are extremely valuable acquisitions to a young woman taking upon herself the care of a household. If more women understood the sterner facts of existence there would be fewer disappointed faces and careless, indifferent women after life's work had begun.

SELECTED RECIPES.

Fruit Cookies—To one and one-half cups brown sugar add one scant cup butter, two eggs, four tablespoons sweet milk, with one small teaspoon soda dissolved in it, cloves, cinnamon and nutmeg to taste, one large cup raisins or currants, flour to make soft dough. Treat as others.

Drop Cookies—One cup sugar, one-half cup butter, two-thirds cup sweet milk, two and one-half cups flour, one egg, one scant teaspoon soda, two teaspoons cream of tartar. Drop in tablespoonfuls on a buttered pan, put a raisin in centre of each and bake quickly to a light brown.

Coddled Apples—Peel, but do not core a dozen tart apples of an even size. Be careful to leave the stem on or stick a clove in each. Place in a large stew-pan, and place a slice of lemon on each apple. Nearly cover the apples with cold water, and a large cup of sugar. Cover the pan tightly, and let them simmer over a slow fire until soft, but not so they will come to pieces. When tender lift carefully into a glass dish and pour the juice over them. When ready to serve pour whipped cream over them.

Apple Charlotte—Six large apples, one pint of cream, sugar to taste. Pare and steam apples until tender, then press through a colander and add sugar. Cover gelatine with cold water and soak half an hour; then add two hot apples, stirring until dissolved. Pour this into a basin, stand the basin in a pan of ice water and stir continually until it begins to thicken, then add quickly and carefully the cream, which has been whipped. Turn into a mould and stand on ice.

Turkey au Gratin—Cut the remnants of turkey meat in small pieces; there should be one and one-half cupfuls. Cover the turkey bones and the skin with cold water, bringing slowly to boiling point, and let simmer until stock is reduced to one cupful. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and pour on gradually, while stirring constantly, the hot stock. Season with one-fourth of a teaspoonful of salt and a few grains of pepper. Sprinkle the bottom of a buttered baking-dish with half a cupful of seasoned cracker crumbs, add the turkey meat, pour over the sauce, cover with half a cupful of cracker crumbs, and bake in a hot oven until the crumbs are brown. For seasoned cracker crumbs allow one-fourth of a cupful of melted butter and a few grains of salt to each cupful of crumbs.

EACH MEAL AN AGONY.

Dr. Williams' Pink Pills Cure Obstinate Indigestion After Other Medicines Fail.

"When I was first troubled with indigestion I did not bother with it; I thought it would pass away naturally. But instead of doing so it developed into a painful chronic affection, which in spite of all I did grew worse and worse until I had abandoned all hopes of ever getting relief." These words of Mrs. Chas. McKay, of Norwood, N. S., should serve as a warning to all who suffer distress after meals, with palpitation, drowsiness and loss of appetite—early warning of a more serious trouble to follow.

"I used to rise in the morning," said Mrs. McKay, "feeling no better for a night's rest. I rapidly lost flesh and after even the most frugal meal I always suffered severe pains in my stomach. I cut my meals down to a few mouthfuls, but even then every morsel of food caused agony, my digestion was so weak. Some days I could scarcely drag myself about the house, and I was never free from sharp piercing pains in the back and chest. I grew so bad that I had to limit my diet to milk and soda water, and even this caused severe suffering. In vain I sought relief—all medicines I took seemed useless. But in the darkest hour of my suffering help came. While reading a newspaper I came across a cure that was quite similar to my own case, wrought by the use of Dr. Williams' Pink Pills. I thought if another person had been cured by these pills of such suffering as I was experiencing, surely there was hope for me, and I at once sent to the druggist for a supply of these pills. The first indication that the pills were helping me was the disappearance of the feeling of oppression. Then I began to take solid food with but little feeling of distress. I still continued taking the pills with an improvement every day, until I could digest all kinds of food without the least trouble or distress. I am in splendid health to-day and all the credit is due to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills go right to the root of indigestion and other troubles by making rich, red blood which tones and strengthens every organ of the body. That is why they cure anaemia, with all the headaches and backaches and sideaches, rheumatism and neuralgia and the special ailments of growing girls and women of all ages. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

THE CARE OF THE TEETH

THOUGHTFUL PAPER ON THIS IMPORTANT MATTER.

Some Instructions Which Everyone Would Do Well to Heed and Act Upon.

An interesting paper was read recently by Dr. Gowan, at a meeting of the Woman's Institute in Simcoe County. It was published in the Dominion Dental Journal, and contains so much good advice that its publication is thought desirable.

Dr. Gowan said: Decay of the teeth will not occur if they are kept entirely clean. Therefore, the first thing necessary in the care of teeth is cleanliness. Eat food that requires vigorous chewing, and clean the spaces between the teeth with quill toothpick after every meal. Use tooth brush and clean water at least once a day, or as often as you wash your face. Preferably, the brush and water should be used after every meal.

Hold the brush lightly between thumb and tips of first and second fingers, to allow a rapid yet gentle action of the bristles upon all surfaces of the teeth and to prevent injury to the gums and delicate lining of the mouth. Learn so to use the brush that it will clean all the surfaces of all the teeth—upper and lower—inner as well as outer sides, and the spaces between. Use a large bowl of water, or better, a stream as from a tap, holding your face close over it; keep the brush as wet as you can by frequent dipping, and allow the excess of water to run out of the mouth while brushing. Rinse with

A GLASS OF WATER TO FINISH.

Except when prescribed by a dentist, use no drugs, powders, dentifrices or soaps, and avoid all nostrums sold for the teeth. They are mostly injurious. Water costs you nothing and is far better. However, if the teeth become discolored, the wet brush touched to dry powdered pumice stone will take up enough to perfectly polish the surfaces of the teeth when properly applied.

Frequently examine your teeth in a small looking-glass. Get acquainted with them. And once a year, if you are under thirty, have them examined by a dentist. Children's teeth should be examined oftener.

At the age of three years, a child has twenty temporary teeth. About the sixth year permanent teeth appear. The first permanent grinders appear behind the temporary ones several years before the latter are lost. This occurs generally between the ages of six and seven, and from this time until the age of twelve the child will have twenty-four teeth. During this period the mouth undergoes the greatest changes and should be frequently examined. Parents often do not know that a child has permanent grinders at this time, and so neglect to have them attended to until toothache begins. In this case, serious trouble and loss of the teeth may follow.

If, when they begin to decay, the teeth are repaired by filling, the pain, time and expense of the operation will be much less than if delayed until the cavities are large, and, besides, the child will generally submit to it willingly, whereas if delayed until disease and pain compel the extraction of a tooth, the child will forever afterwards dread dental operations. And this may defeat further attempts to

SAVE HIS DECAYING TEETH.

Allow no one but a qualified dentist to extract or otherwise meddle with the teeth of a child, for no one else is competent to judge what ought to be done. Far-reaching injury may result from the ill-advised extraction of a child's tooth; so what nature, the child, or yourself cannot do, refer to the man whose special knowledge enables him to see and do what is best, and to instruct the child in how to clean and examine his own teeth as well.

For lack of acquaintance with their teeth young people often suffer decay to proceed unnoticed until pain warns them that something is wrong. The use of toothpick and glass might, in most cases, enable them to find cavities before decay has gone so deep as to cause toothache. But if toothache has begun, proper treatment and filling will be the remedy. More time and work will be required, however, for which a larger fee must be paid.

When a cavity is found or suspected, have it attended to without delay. The damage should be repaired, decay stopped, and so far as possible, prevented from beginning again, by filling.

When properly done, filling is a success in preventing decay, suffering and loss. On the other hand, such work, badly done for lack of knowledge, skill, or honesty, is worse than useless, for it destroys people's confidence in filling operations, and leads to loss of teeth in whole families. The quality and value of a dental operation depend on the knowledge, skill and honesty of the man who performs it.

By all means preserve the natural teeth. They are essential to health, beauty, convenience and the voice. If this advice is too late for you, see that your children have the benefit of it, and, for them, never contemplate artificial teeth. Old people, whose teeth are already gone, have no other remedy. For them great skill must be used to make artificial teeth satisfactory, and even then they are almost as far short of perfection as are

GLASS EYES AND WOODEN LEGS.

In this kind of professional service there may be vast difference between the work of one man and another, so

PURE FOOD

Is an Absolute Necessity for the Preservation of Our Well-being.

"SALADA"

CEYLON GREEN TEA.

Is Positively "All Pure Tea" Without Any Adulteration whatsoever. Lead packets only. 40c, 50c and 60c per lb. At all grocers.

USEFUL HINTS.

To prevent cake from sticking to tins when baked, first grease tins, then flour them, lightly beating out all loose flour, leaving only what clings to the grease, thus doing away with the old form of lining with paper.

A narrow strip of muslin pinned around a cake will prevent the icing from dripping down the sides, as it too often does. After the icing hardens the muslin may be removed without injury to the appearance of the cake.

A good way to clean dirty pails, or enameled baths, is to make a pad of newspaper and pour on a tablespoonful of paraffin oil and shake a little brick-dust on the article to be cleaned. Rub well, and the grease and dirt will come off like magic. Use one or two more pieces of clean paper and the articles will appear just like new with very little trouble.

ENTHUSIASTIC MOTHERS.

When mothers become enthusiastic over a medicine for little ones, it is safe to say that it has high merit. Every mother who has used Baby's Own Tablets speaks strongly in praise of them, and tells every other mother how much good they have done her children. Mrs. Alfred Marcouse, St. Charles, Que., says: "I strongly advise every mother to keep Baby's Own Tablets in the house always. I have used them for teething troubles, colic and other ills of childhood and found them the most satisfactory medicine I ever tried." These Tablets are guaranteed to contain no poisonous opiate and no harmful drug. They are equally good for the new born baby or the well grown child, and are a sure cure for all their minor ailments. Sold by medicine dealers or by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Commercial travellers will appreciate this story, which is told of one of their number. He had been summoned as a witness in a case at court, his employers having sued a delinquent customer, and the lawyer for the defence was cross-examining him. "You travel for Jobson and Company, do you?" asked the attorney. "Yes, sir." "How long have you been doing it?" "About ten years." "Been travelling all that time, have you?" "Well, no, sir," said the witness, making a hasty mental calculation; "not actually travelling. I have put in about four years of that time waiting at railway stations and junctions for trains."

Apple Souffle—Bake six large tart apples until tender, scrape out the pulp, and beat until smooth, add one tablespoon of sugar to each apple, the grated rind of one lemon and the juice of two. Beat the whites of three eggs stiff, and add the apple pulp, sugar and lemon, stirring lightly. Pour into a buttered pudding dish, and bake in the oven about fifteen minutes. Serve at once warm with cream or a hard sauce.

Line a shallow baking dish with puff paste or ordinary pie crust, and fill with the following mixture; stew or steam four large tart apples until pulpy then add half a cup of rolled cracker crumbs, the yolks of two eggs well beaten, butter the size of an egg, one cup of milk, a little grated lemon peel, one-half cup of sugar. Bake three-fourths of an hour and then make a meringue for the top of the whites of two eggs beaten stiff, and two spoons of sugar. Brown slightly.



Rapid changes of temperature are hard on the toughest constitution.

The conductor passing from the heated inside of a trolley car to the icy temperature of the platform—the canvasser spending an hour or so in a heated building and then walking against a biting wind—know the difficulty of avoiding cold.

Scott's Emulsion strengthens the body so that it can better withstand the danger of cold from changes of temperature.

It will help you to avoid taking cold.

ALL DRUGGISTS; 50c. AND \$1.00.