

# Woman's Interests

## Little Folks' Playthings.

A worsted ball, if kept clean, makes a good plaything for a little baby. If it is suspended from his carriage or crib it will help him to learn to focus his eyes, and he will be amused by it for a long time. When the child is a little older, let him sit on a quilt on the floor and play with several balls in the six colors, red, orange, yellow, green, blue and violet. Each ball should have a worsted string of the same color attached to it. When the child is a little older still, play simple little games with him, such as rock-a-bye baby, pendulum of a clock, swinging the ball back and forth and up and down, and in other ways that will occur to every mother. Unconsciously the child will acquire a sense of form, color, motion and position by such games. Say to him, "See the pretty round ball," "See the pretty red paper," and the child will delight to find and bring to you other things that are round like a ball, and red like the paper. A set of worsted balls in the six colors can be obtained from kindergarten supply houses.

Long, slim clothespins make excellent playthings for babies. They can be used as babies or soldiers, or to make fences, trees, log houses and many other interesting things. Playthings that can be taken apart and put together again are good to have; also blocks with which the child can build all kinds of objects—engines that he can push along the floor, balls to bounce and throw, doll carriages, washing sets, etc. Dolls with clothes that button and unbutton and come off, may be used to teach the children how to dress and undress themselves.

For older children kindergarten beads are very useful and helpful. They are in the form of half-inch wooden balls, cubes and cylinders, in the six colors, and also in the natural unstained wood. A shoelace or bodkin and cord is used for stringing them. I would suggest, to begin with, that the child string balls only, and all in one color. After he has made a long string of these ask if he would like to use two colors. He will probably string them in irregular order at first, and if so it will be necessary to suggest alternating the colors, putting on two of one color and one of another, and so on. In this way he will soon learn colors and numbers.

What else is there with which little children's hands can be kept occupied? First of all, sand. Just turn the children loose in a pile or box of sand with a spoon, a pail, a cup, or anything with which they can dig or shovel. I personally do not like to have sand in the house, but if you have a suitable place for it, it need not make any trouble. An old kitchen table turned upside down with the legs cut short and put on the other side makes a good table for sand. A piece of burlap or demin placed under the table keeps the sand from being scattered over the house.

With clay, a simple little cradle may be made. The child first rolls a piece into a ball, cuts it in half, with a string. One of these halves forms the lower part of the cradle. The other he cuts in two, using one piece for the top and remodeling the other into a ball for baby.

Birds' nests with eggs can be made with clay; also apples, oranges, cups and saucers and even animals may be attempted. In fact, clay has almost endless possibilities as play material.

For little children, before they are old enough to use scissors, tearing paper is an engaging occupation. Tear a piece of old newspaper into an oblong shape—it may be any size, about 2x4 inches we will say. By folding this in the middle, it will make a little tent. Again, fold in thirds, turn both ends down for a table. The child can tear paper into trees, a ball, doll babies and many other simple shapes.

When a child is old enough he can begin to use scissors, but be sure to provide a pair with blunt points that cannot possibly hurt him. These will afford endless hours of amusement and profit. Have you found that "he cuts paper all over the floor?" Of course he does, but use this occasion to teach him neatness. Let him have his own little waste-basket.

Let him cut pictures from old magazines and paste them into a book made from manilla wrapping paper. To make the book, take any desired size of paper, fold several sheets in half, and sew them together along the

crease. A pretty picture might be pasted on the front page, or the child could draw on it. This will take many days' work, but all the time he will be learning many lessons in patience, concentration, neatness, and accuracy, and will be developing artistic talent if he is apt at drawing. Best of all, he will be gaining power to do things. If, in his cutting, he comes to a picture that has a story, tell it to him. Do not criticise his work, as this may discourage him, but see to it that he does the best he can.

Let the child draw with colored crayons or "crayolas." You will be surprised at how soon and how well, under proper guidance, he will be able to use this very delightful means of expressing himself.

## Thrift Hints.

Soak an ink spot in milk, either sweet or sour. It may be necessary to leave it in a day or two, changing the milk if it becomes discolored. Some of the inks now made for school use will come out in clear water.

**Inexpensive Floor Covering.**—As a good substitute for linoleum take building paper, paint it dark brown or any good color wanted, as blue or gray. Have it cut into several lengths to fit the kitchen or dining room where it is wanted, and lay it down. It will give excellent wear, and does not cost as much as linoleum.

**When Making Pies.**—Conserve on shortening by cutting the top crust of the pie so that it just covers the top without lapping up on the edge of tin, making the edge have only one thickness, instead of two as before war times. If there is a space of one-eighth inch left all around, the juice will not boil out, so you also conserve the sugar and juice which sometimes goes on the oven bottom.

**Use for Wornout Stockings.**—Do not throw away your old colored and black stockings; cut them in strips about one inch wide; start at the top and cut them round and round until you get to the bottom, then crochet with a wooden needle. This makes a good rug for bedroom or bathroom.

**To renew my old blankets.** I turn them end for end and stitch together. I then bind the raw ends with braid. This puts the worn portions at the ends where there is not much wear and they will last a long time.

**Turn fruit which has just begun to ferment, into a saucepan, boil for several minutes with half a teaspoonful of soda, then add spices, teapoor and a little vinegar, and boil again until it thickens. This makes a nice relish to accompany meat.**

## The Sugar-Beet Industry.

A recent bulletin by the Department of Trade and Commerce on the sugar industry in Canada states that 204,017 tons of sugar beets was used in sugar manufacture in 1918. The cost of the beets at the works was \$2,593,715, or \$12.22 per ton.

In 1918, Canada had 18,000 acres in sugar beets, which yielded 10 tons per acre, at a value of \$10.25 per ton. In 1919, the acreage was increased to 24,500, the yield averaged 9.80 tons per acre, and the price advanced to \$10.85 per ton.

In 1919, sugar was approximately 11 cents per pound; at present, granulated sugar is 23 cents per pound and may be higher. The enormous demand for sugar, and the fact that Europe will not for some years produce anything approaching her pre-war quota of sugar beets, promises to continue a serious shortage in the world supply.

Conditions in the beet-growing countries of Europe have materially changed since the close of the war. Previously, large holders of land devoted much of the acreage to beets. The large estates in Russia, Poland, Hungary and in many parts of Germany have been in many cases broken up into small holdings, which will be used by their new owners for growing other crops. The small farmers are not so well equipped with implements and tools, and the lack of fertilizers is also being severely felt. These conditions will have a serious bearing upon the production. There thus appears to be a good opportunity for Canada to again this year largely increase the acreage devoted to this crop.

A by-product in the manufacture of beet sugar is the residue known as beet pulp. When mixed with residual molasses, a by-product of the refining process, this beet pulp makes an excellent cattle food.

## Compliments All Round.

"I desire no remuneration for this poem," remarked the long-haired poet, as he drifted into the editorial sanctum. "I merely submit it as a compliment."

"Then, my dear fellow, permit me to return the compliment," replied the editor, with true journalistic courtesy.

The ice cream freezer was invented by a woman.

## Birds As Foragers.

Among the natural guardians of the trees are the woodpeckers, which gather their food as they creep round the trunks and branches. They have two toes before and two behind for clinging, and may usually be seen clinging erect on tree trunks, but rarely, if ever, with head downward like the nuthatches and titmice. As the food of the woodpecker is nearly as abundant in winter as in summer, they are seldom migratory. They never forage in flocks, like some of the granivorous birds whose food is more plentiful, but scatter out over wide areas, and thus better their fare. They bear the same relation to other birds that take their food from trees as snipes and woodcocks bear to thrushes and quails—that is, they bore into the wood as the snipe bores into the earth, while thrushes and quails seek their sustenance on the surface of the ground.

Besides these there are a few birds that take part of their food from trees and the rest from the ground, including thrushes, blackbirds and robins. Blackbirds seldom hold up their heads, but march along with their bills turned downward, as if entirely devoted to their tasks. They never seem to be idle, except when a flock of them is making a garrulous noise upon a tree. If a blackbird looks upward it is only by a sudden movement; he does not stop. After watching a blackbird and a robin ten minutes in the same field, one would suppose that the blackbird had collected twice as much food as the robin during that time. But this would not be true. The robin is probably endowed with a greater reach of sight than the blackbird, and while hopping about with his head erect, his vision comprehends a wider space. The omnivorous blackbird hunts the soil for everything that is nutritious, and picks up small seeds that require a close examination of the ground. Blackbirds of all species walk; they do not hop like the robins.

Some species of the foragers do their work in compact assemblages. This habit renders the snow buntings extremely attractive. Their food is not distributed in separate morsels like that of robins and woodpeckers. It consists of the seeds of grasses and of composite plants, which are often scattered very evenly over a wide surface. When a flock of fifty or more settle down in a field each one fares as well as if he were alone, during the short time he remains on the spot.

The foraging habits of domestic poultry illustrate some of the differences observed in the manners of wild birds. Place a brood of ducks in a field and they will generally pursue one course, marching in a body over the field with great regularity. A brood of chickens, on the contrary, will scatter, occasionally reassembling, but never keeping close together, unless they are following a hen. Turkeys scatter themselves less than chickens, but do not equal ducks in the regularity of their movements.

## Latent Value of Our Straw Stacks.

Burning straw-stacks are a familiar sight to the western traveller. At present there is seemingly no other method of disposing of this by-product of the grain harvest.

Investigations as to the possibility of using the straw as a raw material in manufacture were undertaken some years ago by different interests, but the same conclusion was reached in each case. The cost of transporting the straw to a central point was more than the traffic would bear, the cost of manufacturing precluded competition in the open market, and, consequently, the use of the western straw under the transportation handicap was not a commercial proposition. This was especially the case in the manufacture of strawboard. In 1913, strawboard prices ranged from \$25 to \$26 per ton. There was little demand for this product in the west, and, at the above price, it could not compete in the east. One leading eastern paper industry, which, some years ago, carefully considered the possibilities of establishing a strawboard mill in the west, recently stated that, under present conditions, with strawboard selling at \$85 to \$90 per ton, such a factory could be made a profitable industry.

The rising cost and the necessity for conserving our pulpwood supply suggest that any material capable of being used as a substitute should be developed. Strawboard is a short-fibred material and is unsuitable where strength or folding qualities are required, but there are many uses for which it is entirely satisfactory. In 1918 Canada imported 4,850 tons of strawboard, equal to the output of a mill producing 15 tons per day.

Non-Canadians manufactured the strawboard we imported; we paid them for doing so, while we burned our own straw.

Tame snakes are used in Morocco to clear houses of rats and mice. The sight of a snake seems to terrify the rodents.

Buy Thrift Stamps.

## DELICATE GIRLS MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

If growing girls are to become well developed, healthy women their blood supply must be carefully watched. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It should be constantly borne in mind that pale, bloodless girls need plenty of nourishment, plenty of sleep and regular open-air exercise. But a lack of appetite, and tired, aching limbs tend to hinder progress. To save the weak, thin-blooded sufferer she must have new, rich, red blood and nothing meets a case of this kind so well as Dr. Williams' Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus promptly restoring health and strength and transforming anaemic girls and women into cheerful, happy people. Among the thousands who have obtained new health and strength through the use of Dr. Williams' Pink Pills is Miss Violet Booth, Glenora, Ont., who says:—"For a long time I was in a badly run down condition. I was pale, breathless at the least exertion, and could hardly do any housework without stopping to rest. I often had severe headaches, and my appetite was poor and fickle, and I would get up in the morning without feeling the least bit rested. I had tried several medicines, but did not get benefit from anything until I began the use of Dr. Williams' Pink Pills. When I had taken two boxes I could see an improvement, and after using six boxes I found my health fully restored. I feel altogether different since I used the pills that I strongly advise them for all weak, run down people."

If you are weak or ailing in any way, avail yourself at once of the splendid home treatment which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville.

## The Comfortable People.

In the ground and under green,  
By the brooding tower or steeple,  
They who happily have been  
Are the comfortable people,  
For they rest entirely there,  
Void of toil, and free of care.

Darkness which is not a night  
May enfold their endless dreaming,  
But they do not need a light,  
Having done with slight and seeming.

They are not like me and you,  
For they know their state is true,  
In the earth and under snow,  
Or the dandelion's glow,  
Near the quiet tower or steeple,  
Ah, the comfortable people—  
Those unarmable and gray,  
Dreaming deeply out of day.

## World-Famous Highways.

The shortest street in the world is the Rue Ble, in Paris; the widest is Market Street, in Philadelphia; the highest is Main Street, in Denver, Colorado; the richest is Fifth Avenue, in New York City.

The dirtiest is that of Tchangsti, in Nankin; the cleanest is the Via Castle, in Seville, Spain; the most aristocratic one is Grosvenor Place, in London; the most beautiful is the Avenue des Champs Elysees, Paris. The narrowest street is the Via Sol, Havana, Cuba, which has a width of only forty-two inches; and the oldest is the Appian Way built by Julius Caesar in the days of the Romans, and still in use and good repair.

## Health

### Quinsy.

Quinsy is the popular term for a severe form of inflammation of the tonsil and its surrounding tissues, accompanied by the formation of pus. In other words, it is an abscess of the tonsil or beside it. It may begin as an ordinary sore throat or simple tonsillitis, in which the tonsil is seen to be red and swollen and dotted with little whitish points caused by the excretion oozing from the mouths of the ducts, or "crypts," of the organ. The inflammation does not yield to simple remedies, but persists and grows more severe, until patient and physician alike are convinced that a quinsy is present. In other cases the disease begins as it is going to continue—a full-fledged and unmistakable suppurative tonsillitis, or quinsy.

It begins on one side, and, fortunately, it usually remains confined to that side, though occasionally as one tonsil begins to get well the other one becomes inflamed, and the whole miserable process must be gone through with again.

In a well-developed attack of quinsy the throat is greatly swollen and extremely painful. The swelling sometimes makes breathing difficult, and both the swelling and the pain interfere with swallowing and so prevent taking any nourishment or even water. Both the tonsil and all the surrounding parts and also the glands in the neck are swollen so that any movement of the head is painful. Spontaneous pain, as well as that induced by movement, exists; it is felt both inside and outside, and it radiates into the ear on the affected side. The swelling of the glands and other tissues induces stiffness of the jaw, which can only with difficulty be opened to take food, even if the condition of the throat permits its being swallowed. The mouth is hot and dry, and the saliva is thick and sticky.

The treatment of a threatening quinsy is undertaken with the hope of arresting the inflammation before the abscess begins to form. The patient should be put to bed, and he should take a dose of salts or of castor oil at once. At the same time cold cloths, renewed frequently, or an ice bag should be applied externally over the region of the affected tonsil. Bicarbonate of soda, in doses of half a teaspoonful in a cup of hot water, should be taken four times in the day, and the same substance in powder may be applied directly to the tonsil by means of a powder blower. If those measures fail and the abscess forms, it should be opened freely by the physician so as to let out the confined pus.

## Somewhere.

I want to go somewhere, far away,  
And watch the birds and the chip  
munks play;  
I want to go where there's something  
free,  
And the H. C. L. can't shoot at me.

I want to go somewhere, far away,  
And live in a tent from day to day,  
With never a tax bill lurking near,  
Or the greedy clutch of a profiteer.

I want to go somewhere, far away,  
Where nobody strikes for higher pay,  
Where a man can rest and the only  
light  
Is the cheerful fire that burns at night.

I want to go somewhere, far away,  
And when I get there I want to stay  
Till things run smooth as they did be-  
fore,  
And this old world is sane once more.

It is said that exposure to weather causes greater destruction to farm implements than using them. Avoid this loss by storing all machinery and tools properly under shelter.

## Make Heavy Hauling Safe & Easy

### Imperial Eureka Harness Oil

penetrates the pores of the leather—makes it weather proof. Unlike vegetable oils, it will not become rancid. It prevents drying and cracking and keeps straps and traces pliable and strong. Imparts a rich, black, lasting finish and makes harness look like new.

### Imperial Mica Axle Grease

—is the most widely used axle lubricant on the market. Its mica flakes work their way into the pores of the axle, making it smooth and frictionless. Imperial Mica Axle Grease lubricates thoroughly under the most strenuous conditions. Makes loads easier to haul. Reduces the strain on harness and horses.

IMPERIAL "MADE IN CANADA" PRODUCTS



IMPERIAL OIL LIMITED

Producers of High Quality Lubrication

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for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. Shaw's Auto Salvage Part Supply, 823-931 Dufferin St., Toronto, Ont.