

About the House

A Winter Evening.

Soft hands of white across a sunny sky—
And then the low-toned twilight creeping on,
A neighboring roof deep etched with burdening snow;
Hill, field, and tree beyond,
Blending in one wide, gentle blur of gray;
Brown shrubs and withered grasses wave aloft
Their invitation to a passing feathered guest,
While here and there, and here again
Faint wisps of smoke curl upward,
Telling once more the tale of little homes,
Whither the toil-worn hasten, to sit them down and rest.
So I will spread a table here beside our hearth;
A joyful feast, for love broods over it,
Lending the snow-white lustre of his wings,
And now all things made ready, I will wait,
And listen for the voice I know so well. —Louise M. Gridley.

Curtain Fabrics That Launder Well.

Breathes there a woman with fingers pricked from the annual martyrdom of curtain stretching who has not vowed, year after year, to emancipate herself forever from the thralldom of drapery materials which refuse to hang to the queen's taste unless they emerge, straight and crisp, from curtain stretchers?

Textile manufacturers, quick to sense the requirements of the modern housekeeper, have placed on the market fascinating fabrics in various weaves which wash and iron as easily and successfully as handkerchief linen. These materials range, in design and texture, from the coarse flannel, so frequently employed by interior decorators, to the sheerest film of lace suitable for close-fitting glass curtains. By careful shopping and wise selection the woman who must economize in time and energy can, therefore, easily eliminate curtain materials which must be stretched without detracting from either the beauty or suitability of her drapery fabrics. While it is possible to purchase ready-made curtains that will iron satisfactorily, there is a decided advantage in buying goods by the yard, since the choice of materials is infinitely greater.

Among the materials one may always be sure of are voile, marquisette, art muslin, English casement cloth, printed linen, fine Swiss, silk gauze, Georgette crepe and the various special weaves made for the purpose by manufacturers who bestow upon them their own trade-marked names.

It is quite impossible to iron the round-mesh nets that are so luring in the shops. While they stretch beautifully, they wriggle away from an iron most distractingly. Even some of the square mesh nets, which look perfectly innocent, have the same bad habit and should only be allowed to enter the family after a sample has been taken on probation. Although scrim and madras usually iron satisfactorily, occasionally one finds pieces that are disappointing. These exceptions to the rule, however, should not be allowed to give the respectable members of these well known families a bad name or prejudice the buyer against these desirable materials.

Old-fashioned lace curtains have made their exit from the majority of homes furnished in good taste. Their place has been taken largely by flet nets and similar materials suitable for glass curtains; also the closely woven fabrics of cotton, linen and silk, either alone or in pleasing combinations. Unless glass curtains are required to insure privacy or to soften window lines otherwise too harsh, these closer woven modern materials, used alone, will contribute sufficient beauty and dignity to any room.

English casement cloth is perhaps the aristocrat among this class of drapery fabrics. Deep ecru in color, fine of texture, and of a peculiar quality that admits and intensifies light, it combines the advantages of drawing-room elegance with the utmost utilitarian quality demanded by discriminating housekeepers. Casement cloth washes and irons like a handkerchief. And it wears almost as well as unbleached muslin.

Darn on the Machine.

Sheets, towels, table linen and knit underwear may be darned by machine neatly and strong. Use fifty thread

SALESMEN

We pay weekly and offer steady employment selling our complete and exclusive lines of whole-root fresh-dug-to-order trees and plants. Best stock and service. We teach and equip you free. A money-making opportunity. Luke Brothers' Nurseries Montreal

for towels and 100 for table linen. Tie up machine foot so that it is about one-sixteenth inch from the feed. This allows the work to be drawn forward and back. Stitch forward from a quarter of an inch outside the hole across open area to within a quarter-inch of the outside of the hole on the other side. Continue until all the space is filled in with threads extending one way—called "warp" threads. In the same manner put in the cross or "woof" threads.

Tested Farm Recipes.

Beef, veal and pork may all be canned in this way and will keep indefinitely.

Cut the meat into pieces convenient for packing into fruit jars. Dip the moist hand into table salt, and taking a piece of meat in the other hand wipe both sides with salt, leaving a very thin coating. Pack in jars as fast as salted, and on top put a piece pack method, boiling three hours. Do not allow any water to enter the jar as this spoils the meat. The greatest care must be taken to see that all rubbers are good, and there is no leakage after the cans are removed from the boiler.

Foolish Frosting—This is the new frosting farm women are using. Put seven-eighths of a cup of granulated sugar, one unbeaten egg white and three tablespoons of boiling water into the top of the double boiler. Set at once over boiling water and beat steadily six minutes. If you have no double boiler, use any dish which will set over boiling water. The frosting will froth up and resemble the usual boiled frosting.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A. Pye, Ecum Secum, N.S., writes:—"I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A New Forest Industry.

In these days of lowered prices for farm products anything which gives a farmer another crop is of importance. At the request of the British Forestry Commission which bears the expense, the Forestry Branch of the Department of the Interior is collecting the seeds of Douglas fir, Sitka spruce, and some other trees of the Pacific coast to be shipped to Great Britain to be used in reforesting denuded areas there. The Forestry Branch has erected a seed-extracting plant in New Westminster, British Columbia, and the collection of the seed is done largely by farmers, in the newer settled districts near the city, who bring in the cones in sacks to New Westminster market. It seemed rather odd to some to see farmers coming to market with sacks of cones instead of apples and potatoes, but as the farmers receive \$2 per sack for the cones, and as the Forestry Branch thus secures the seed required at a reasonable rate the innovation is considered most satisfactory to all concerned.

"Cascarets" if Sick, Bilious, Headachy from the Bowels

Get a 10-cent box now. You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passageway every few days with salts, cathartic pills or castor oil? Cascarets work while you sleep; cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated poison in the bowels. A Cascaret physic to-night will straighten you out by morning.

A capitalist is a man who saves money and puts it to work. The thrifty man is always the independent man.

City lady—"Are you sure that these eggs are strictly fresh?" Farm boy—"Yes, indeed. My father won't let our hens lay any other kind."

THE CAUSE OF BACKACHE

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle in the body needs constantly a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment, and the result is a sensation of pain in those muscles. Some people think pain in the back means kidney trouble, but the best medical authorities agree that backache seldom or never has anything to do with the kidneys. Organic kidney disease may have progressed to a critical point without developing a pain in the back. This being the case, pain in the back should always lead the sufferer to look to the condition of his blood. It will be found in most cases that the use of Dr. Williams' Pink Pills to build up the blood will stop the sensation of pain in the ill-nourished muscles of the back. How much better it is to try Dr. Williams' Pink Pills for the blood than to give way to unreasonable alarm about your kidneys. If you suspect your kidneys, any doctor can make tests in ten minutes that will set your fears at rest, or tell you the worst. But in any event to be perfectly healthy you must keep the blood in good condition, and for this purpose no other medicine can equal Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Our Great Dominion.

Statistics show shipments of wheat and flour from the Columbia River and Puget Sound district of British Columbia to have been 54 per cent. greater during July, August, and September than during the same period last year. Shipments to the United Kingdom and Continental ports from the Pacific in September alone amounted to 7,843,000 bushels. One great change in the export grain business is the large movement now being made to the Orient.

W. L. Clark, of the Pacific Steamship Company, at a meeting of the United States Shipping Board, made the assertion that thirty-eight United States railroad lines were controlled or influenced by Canada.

It is reported that a number of Canadian capitalists have under consideration the project of constructing a large elevator at Kobe, Japan. The movement of Canadian wheat which commenced this fall to Japan is responsible. So far 750,000 bushels have been booked to that country.

New buildings and improvements to the extent of \$325,000 have been completed at the Brandon Manitoba, Exhibition grounds during the past year, according to a report of the directors.

The Canadian system of taxation was made the subject of special study by members of the United States House of Representatives and Senate who arrived at Ottawa on November 30th for the purpose. The party consisted of about fifty members of Congress which spent three days studying under the guidance of the Department of Finance. The operation of the sales tax was made the subject of a special study.

Construction has commenced on the addition to the Northwestern Elevator

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

There appears to be a doubt in the mind of many of my correspondents as to what Public Health actually means. At the head of the column in which I write articles on Public Health, questions on Public Health subjects are invited, and I shall be glad to answer such questions. But in many cases letters are received from people asking me for suggestions regarding treatment for some ailment they have and which they would like to get rid of. Now I desire to make it plain that I cannot answer questions of this sort. It would be useless for me to do so if I wanted to, for I have not seen the patient and could not diagnose their trouble from statements in a letter. Besides, treatment of disease is the particular and special work of the family or local physician. He is the man on the spot and the right man to consult in cases where medical advice is desired.

For instance, one woman writes that she enjoys my articles on Public Health and wants to know if I could tell her what to do for a "floating kidney." In another case a mother writes to say that her baby had a heat rash and wishes to know what she should do for it, while just this morning I received a letter from an old gentleman to say that he had fits and wanted me to tell him what treatment he should adopt.

Now, there are many similar letters reaching me which I need not relate

here, but in every case I have to refer such cases to the physician.

The work of a Public Health official deals largely with hygiene and preventive medicine, and by these terms I mean ways and means of preserving health and keeping the body and mind in full strength and vigor, and giving warnings of danger to health that will undoubtedly follow neglect of hygienic principles either in personal or community life. As regards the care and treatment of the sick, that is a phase of medical work by itself, and the local physician is the man to deal with sickness in any community.

The Public Health official is really a teacher and sanitarian. His work is preventive, rather than curative—in fact about the only instance where Public Health officials undertake treatment is in the prevention or control of communicable or infectious diseases when such diseases are a menace to the health of other people.

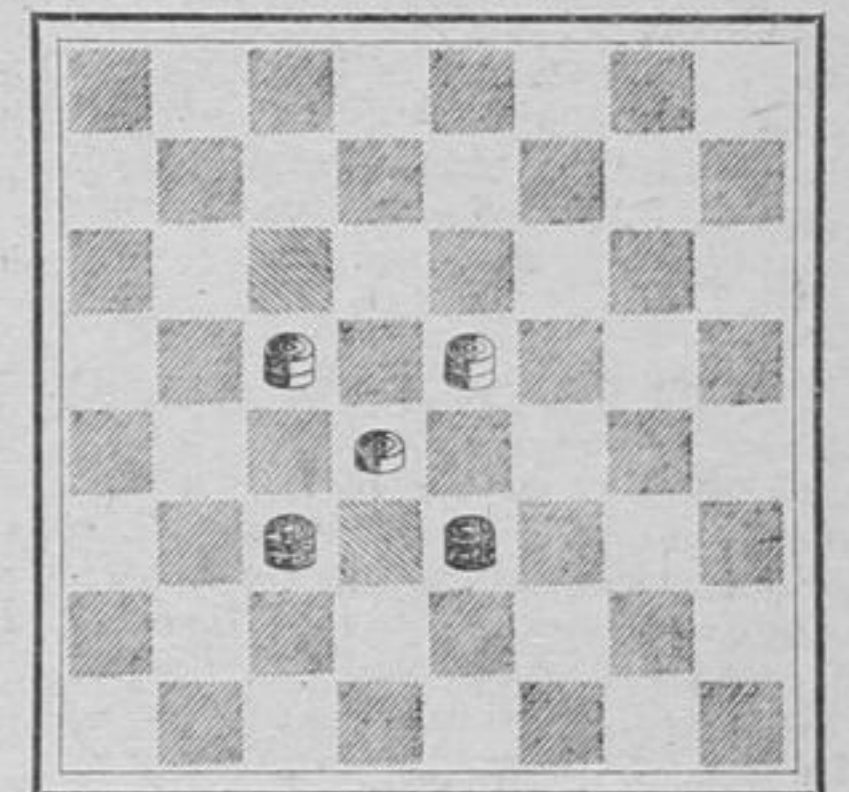
My advice to all those who write to me telling of their personal ailments is to see their doctor, because these ailments are not in the line of Public Health work. My purpose is especially to keep people well, and to this end I shall be glad to answer any questions that may help anyone to remain in good health and preserve their full vigor and activity, and I shall try to give full publicity to those principles of hygiene that tend to maintain health and happiness and raise the general standard of living.

CHECKERS—By Heck

The solution of problem No. 5, published last week, is as follows:

White to move:			
W.	B.	W.	B.
1 26-22	2-6	4 18-14	11-16
2 22-17	3-8	5 24-20	
3 27-24	8-12	White wins.	
Black to move:			
W.	B.	W.	B.
1 -	2-6	4 24-20	10-14
2 26-22	6-9	5 19-16	8-12
3 27-24	3-8	Black wins.	

No. 6—Black to move, white to win.



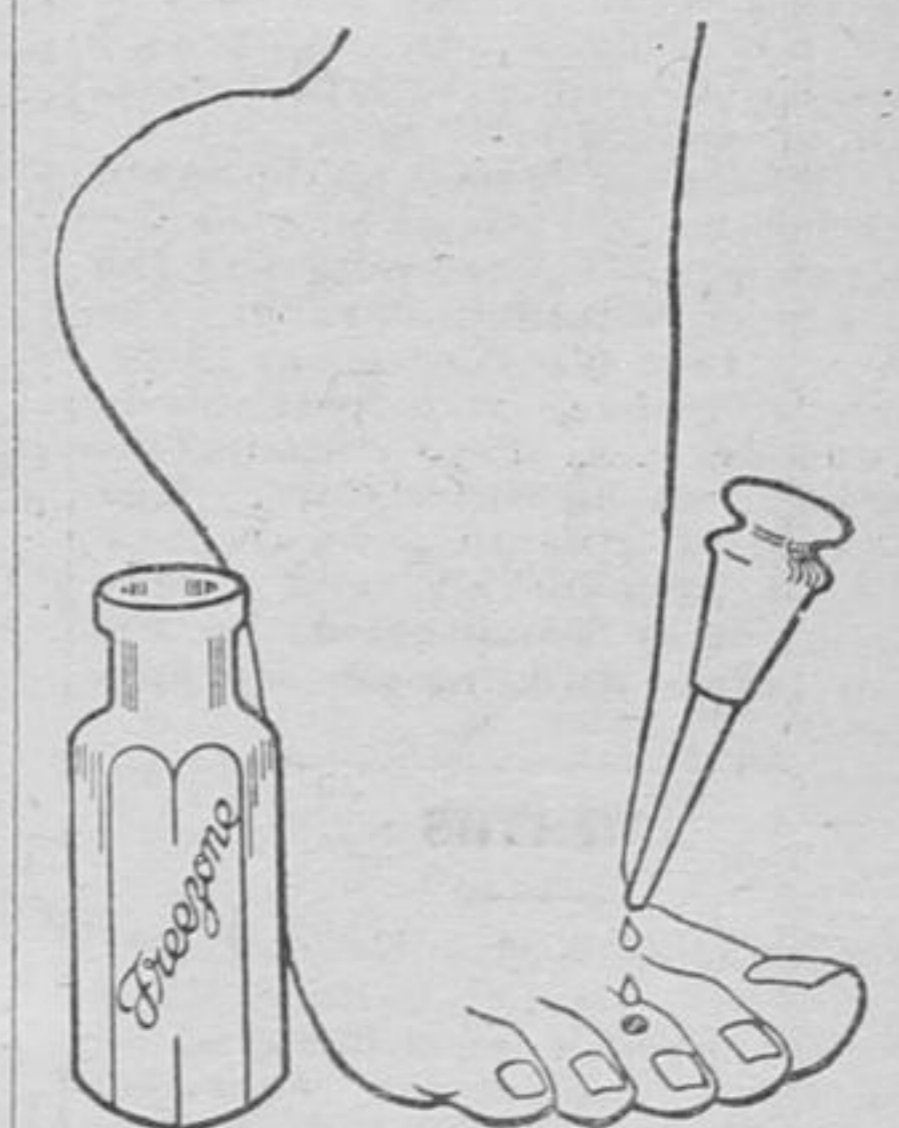
Solution of this position will appear next week.

Shelter-Belts and Soil Fertility.

A blanket of four or five inches of snow over a prairie farm during winter and until early spring means a large amount of moisture for the soil. The problem is to keep it there and not have it blown away by high winds. This is where shelter-belts on the farm prove their value by preventing drifting and thus retaining moisture and fertility.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

and the worst is yet to come

