

About the House

The Sulky Child.

A hard type of child to deal with and one that tries our patience is the sullen child. He makes no outlet for himself like the angry child who vents his temper in screams and passionate talk. His bad temper works all on the inside. He broods over the trouble, distorting and enlarging it by dwelling upon it. He usually refuses comfort or sympathy and seems to enjoy shutting himself away from everyone. He is usually a sensitive child—shy, lacking confidence in himself, inclined to dwell upon himself too much. What can we do with such a child? He won't talk the trouble out, like the high-tempered child, and it is unwise to put him by himself as you would the high-tempered child. Give him something to be busy about just as soon as possible. Work is even more necessary for him than for any other type of child, for we must get him out of himself. If possible, have him work where he will have the companionship of his brothers and sisters, or perhaps he can help you in what you are doing. Work is a blessing for most persons, but for no one more than for the child who is inclined to live his little life inside of himself. This type of child is usually reserved and takes things hard, but to the few people he loves he gives a wealth of affection and loyalty and usually he has a deep, strong nature which is sincere and true.

Seasonable Subjects.

Serve foamy sauce with plum pudding. To make it, cream together one-half cupful of butter, one cupful of powdered sugar, add gradually one well-beaten egg and one-half teaspoonful of vanilla. Heat the mixture in a double boiler, beating it thoroughly all the while.

Cookies for winter time: Cream one-half cupful of shortening with one cupful of sugar, add two well-beaten eggs, one tablespoonful of milk or cream, two and one-half cupfuls of flour sifted with two teaspoonfuls of baking-powder and one-half teaspoonful each of powdered nutmeg and ginger. Mix and stand aside to chill for one hour. Roll out, cut into fancy shapes and bake in a moderate oven. Fancy cutters furnish an assortment of cookies and are desirable when they are to be enjoyed by children. Lacking a variety of cutters, a pastry wheel can be used, or patterns cut out of stiff cardboard can be laid on the dough, and the outlines followed with a slender knife.

Cakes can be sent long distances by parcel-post without so much as cracking the icing, if they are packed in this way. Place the cake on a large sheet of heavy waxed paper and apply the frosting, allowing a generous portion of the frosting to extend on the paper. Plastering the cake to the paper helps to keep it in position. Fold the rest of the paper neatly around the cake and slip under it a piece of cardboard or thin board the exact size of the cake. Put both cake and board into a strong cardboard box. A corrugated box is preferable as it lessens the jar upon its contents. Fill the box with sawdust or bran, which should be allowed to settle to the bottom of all the crevices. Finally, wrap the box in heavy paper and tie it with a strong cord.

Plum pudding is a convenient dessert to have on hand, as it improves with age and is easily reheated. A good recipe for the pudding calls for

one pound of currants, one pound of raisins, one pound of shredded suet, three-fourths of a pound of bread crumbs, one-half cupful of grape-juice, one teaspoonful of cloves, one teaspoonful each of cinnamon and allspice, one pound of sugar, one-half pound of citron, one-fourth of a pound of flour, five eggs, one-half nutmeg (grated) and nuts if desired. Beat the eggs and add the sugar, which has been mixed with the spices. Add the bread-crumbs, which have been soaked in the grape-juice for a few minutes; then add the fruit and the suet, both well floured, and the remaining flour. Stir the mixture well, then place in greased pudding molds; one-pound baking-powder cans may be used. Fill the molds two-thirds full and steam for six hours. The pudding may be reheated by steaming it in the original mold, or it may be cut into slices and heated in a steamer.

Ladies.

Pushing aside the letter she was writing, Cousin Portia turned quickly. She had been expecting the knock. "Come in, Noreen!" she cried.

The little cousin entered. Her cheeks were hot, and her eyes heavy. "Cousin Portia," she asked brokenly, "what makes a lady?"

"There's one definition that runs: 'A heart at leisure from itself, To soothe and sympathize.'

Perhaps that is as near as you can come in a dozen words," answered Cousin Portia.

Noreen considered it; then she shook her head. "It doesn't fit," she declared positively.

"It never fitted many people at one time," Cousin Portia replied. "You are not thinking about little things like forks and spoons and what to say when you are introduced?"

Noreen's hot color deepened. "But things like that do make a difference," she protested. "And you're odd and queer and people notice if you don't do as they do."

"But you can learn those things in a week. They are only outside things that change with the fashions. The real things, courtesy of heart, keen sense of honor, love of the beautiful and the fine everywhere, interest in others—those things are not so easy to learn. Were they such very beautiful things, Noreen, that the girls talked about at the luncheon?"

"No-o," Noreen admitted. "People and musical comedy and moving pictures most of the time."

Cousin Portia nodded. "I thought so. You will hear the same thing over and over—just parrot talk. Would you like to know who are the three most nearly perfect ladies. I can think of at this moment? One is an old lady who gave me afternoon tea in a room with a bay window. The napkins had red fringe, and the tea was ordinary, and the wafers were cheap. She never thought of apologizing. She was giving me her beautiful mind and heart, and why should other things matter? The second is a little Italian woman who gave me preserved fruit in her tiny two-room house. The third is—your mother."

"Mother!"

"Isn't she a lady?"

"Of course. Only"—Noreen stumbled, trying to put her thoughts into words—"she doesn't dress like the people here or talk about the same things."

"But she would be quite at ease at the Court of St. James's—because she

—and the worst is yet to come

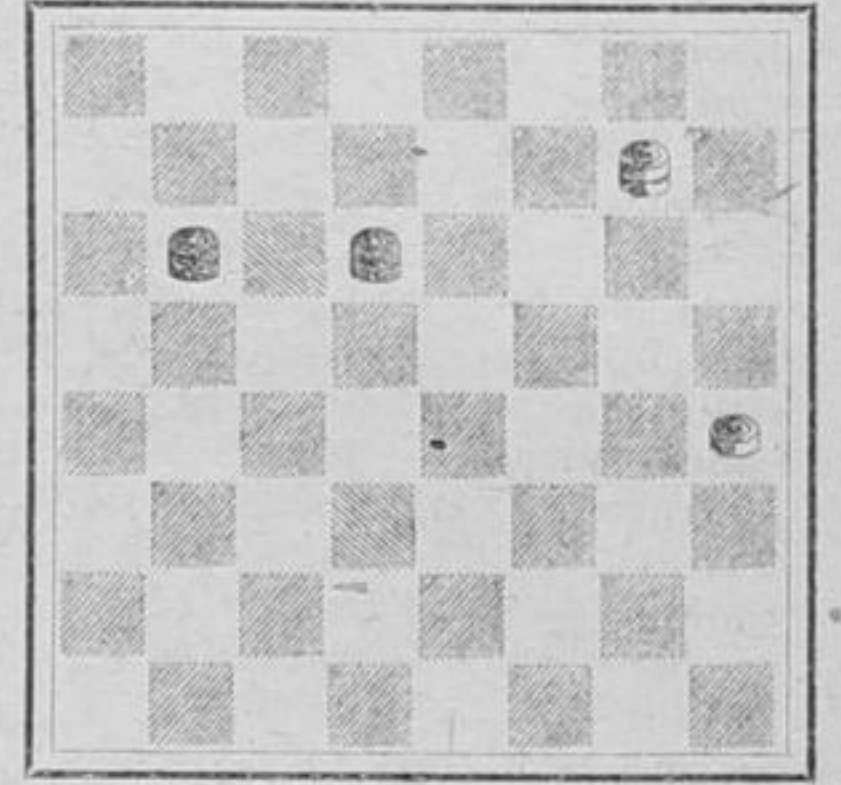


CHECKERS—By Heck

The solution of problem No 6, published last week, is as follows:

W.	B.	W.	B.
1 22-26	15-11	4 23-19	15-10
2 26-22	18-15	5 19-15	9-14
3 22-18	14-9	White wins.	

No. 7—Black to move and win.



Solution of this position will appear next week.

WHEN NERVES ARE NEAR EXHAUSTION

A Tonic Should be Taken to Enrich the Blood.

When you become so exhausted after a day's work that you cannot sleep, or sleep fails to refresh you, it is time to look after your health. Failure to act at once means a steady drain on your health reserve, which can result in but one thing—a nervous breakdown.

Do not wait for a breakdown. The treatment is simple enough if you do not let your condition become too far advanced. The treatment is one of nutrition of the nerve cells, requiring an effective tonic. As the nerves have to be nourished by the blood, the vital fluid must be built up. Dr. Williams' Pink Pills act directly on the blood, and with proper regulation of the diet have proved the greatest benefit in nervous troubles.

Mrs. Mary McAdam, Sydney Mines, N.S., is one of the many who has proved this tonic treatment. She says: "Last winter my health completely gave out. I was all run down and my nervous system in a condition that greatly alarmed me. I often had nervous headaches, and at times severe pains in the region of my heart. I felt as though I would never be well again. My husband got me a supply of Dr. Williams' Pink Pills and before the second box was finished I began to improve and under a further use of the pills I felt as well as ever. I would advise all weak and nervous women to give this medicine a trial."

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

The Fairest Things.

The fairest things are those that silent come;

You may not hear the first approach of morn,
And though you listen as the golden sun
Of hours fade into dusk, no sound is borne.

When the stars dance on high no bugles blow;

The footsteps of the flowers fall silently,
As softly come the blossoms of the snow;
And clouds float by in pale tranquillity.

No voices herald moonlight on a lake;
The silvery dew is still; these gifts are given

As quietly as Christ, who for our sake
Was sent to us, the greatest gift of heaven.

Tenderly now, as in the yesterday
He leads earth-weary children in His way.
—Elizabeth Scollard.

Once a Week.

Angry Purchaser—"Didn't you tell me that you had got as many as twelve eggs in one day from those eight hens you sold me?"

Poultry Raiser—"Yes, ma'am."
Angry Purchaser—"Then why is it that I'm never able to get more than two eggs from them and sometimes not so many in one day?"

Poultry Raiser—"I don't know, ma'am, unless it's because you look for eggs too often. Now, if you look for them only once a week I feel quite positive that you will get just as many eggs in one day as I did."

A Magnified Baby.

Fond Mamma—"Here's a photograph of my little boy when he was a baby, and I want you to make one of him as he is now."

Photographer—"But haven't you brought him with you?"

Fond Mamma—"No, I thought you could make an enlargement from this."

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.

These remarks are pointedly directed to you—you, the person who reads these lines at the present moment. I want to talk to you, and you only, and I want you to feel that what I am writing will apply to you as an individual. Let us get to the point then: What are you doing to help Public Health work?

Perhaps I should ask you first of all if you believe in Public Health work, and if not why not. Do you not think Public Health activity is useful, and if not why is it not useful? Will you ask yourself that question before we go any further? The reason I want you to ask yourself that question and get it settled once for all, is because I believe every man, woman and child in the province should be a Public Health worker, and I further believe, indeed I am confident that every man, woman and child in the province would be a Public Health worker if he or she only knew what is being done along health lines and what still remains to be done. One thing is certain—you cannot throw out your chest and feel confident if there is disease in your house or neighborhood, especially communicable disease. If there are such diseases about, you may be the next victim—you are probably just as liable to "catch" something as your neighbor. It is therefore in your interest to see that your neighbor and family, as well as yourself and family, are not exposed to any form of outbreak if possible, and that everybody is in good health to resist or throw off such an outbreak once it does occur. Listen to this: Do you know that 60,000 babies died in Ontario last year before reaching one year of age, and that a large number of these deaths could have been prevented if these infants and their mothers had been given proper care and attention? Do you know that thousands of lives are lost yearly in this province because communicable diseases are not reported to the Medical Officers of Health in time to have quarantine and preventive measures taken to stamp out the outbreaks.

Do you know that although breast feeding is by far the best method of bringing up a baby, less than fifty per cent. of babies throughout the province are fed for the first nine months at their mothers' breast.

Do you know that there are thousands of young children growing up with physical defects of various kinds not being corrected—in fact without any medicine or nursing supervision whatever?

wouldn't be thinking about herself, but would be finding other people interesting. Go home and study your mother, child. Those chattering children aren't ladies yet. But I hope they'll grow to be some day."

"I suppose," Noreen retorted with a sigh that was half envy, half relief, "that's what you're thinking about me!"

The Mohammedan year is shorter than ours by nearly eleven days.

Do you know that thousands of people are suffering from venereal diseases with the hospital for incurables or the insane asylum their only goal if effective treatment is not started in time?

Do you know that large numbers of men and women engaged in industry are being ruined in health and receive bodily injuries through lack of fresh air, sanitation and protection from accidents. What I want you to do is to say that whatever anybody else around you is doing or not doing in regard to Public Health, as for you and your house, you will follow out the principles of hygiene, sanitation and right living, and moreover, will try to interest others around you so that they will do the same.

You must realize that in doing so you are only acting the part of a good citizen, and to do less would be to neglect your duties to your family and friends, to yourself and to the community in which you live.

I want to help you by suggesting some of the general things you can do to promote Public Health:

Protect all food stuffs from flies.
Report immediately to the Medical Officer of Health any suspicious case of scarlatina, measles, typhoid or other communicable disease that you may know of.

Live as much as possible out of doors.

Sleep in well-ventilated bedrooms.
Drink plenty of fresh water daily.
Eat plain, substantial foods and avoid excesses of all kinds.

Keep your bowels regular. Take daily exercise.

Have your teeth examined by a dentist at least twice a year.

To expectant mothers:—Keep yourself under the constant supervision of a physician before your baby is born. Breast feed the baby up till nine months.

Have it examined for physical and mental defects, by a physician or at the baby clinic.

Remember that you cannot expect a child to grow up without supervision by a qualified examiner any more than you could expect a piece of machinery to run along indefinitely without being examined for necessary repairs.

Can you arrange to have these Public Health teachings put into effect in your own home? If not, why not. Please ask yourself this question.

If there is any further information I can give you on these subjects, kindly send me a line. I shall be glad to help you.

Not the Only One.

A certain Lord Chancellor was in the habit of paying surprise visits to asylums at odd intervals, and thereby hangs a tale. Once he arrived at a certain institution unheralded.

"I'm the Lord Chancellor," he said to the attendant, who was, of course, ignorant of his identity.

"Oh, you are, are you?" was the reply. "That's all right!—Walk straight through. We've three more of 'em in 'ere!"



Never say "Aspirin" without saying "Bayer."

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Handy tin boxes of 12 tablets—Bottles of 24 and 100—All Druggists.

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