

About the House

Emergency Bedding.

An old aunt visiting a busy young matron spent her leisure time on a lot of old bedding that the young woman had cast into the rag bag. There were pieces of old cotton and woollen blankets, ragged quilts, discarded pillow ticks, sheets with gaping holes, old comforts, soiled and ragged, and other evidences that the "setting out" the bride had received a half dozen or so years back was showing the effects of childish feet and hands on the materials. Like most brides she had started in life with flimsy silkoline bedding, embroidered pillow slips, spreads bought for style rather than wear, and all other perishable things which young girls delight to put in their hope chests, so everything looked hopeless to her as her aunt went over it.

But the old lady took the best parts of the thin spreads and placed them on a stout piece of unbleached muslin stitching them evenly on the sewing machine back and forth. When done even the young matron owned that they would make crib spreads that would last a number of years. The old pieces of the spreads that could not be used for anything else made neat kitchen towels, while the larger pieces made pads for the baby's bed, filled in with discarded pieces of the old cotton blankets and tacked rather closely with san silk.

The ragged quilts were cut into small squares to be used in illness and were covered with fresh, new outing flannel. When tacked with bright yarn they were good enough for daily wear, particularly in summer when light crib covering is needed. After all the best pieces had been used the scraps were gathered up and laid smoothly on a piece of an old feather bed tick and covered with the same on top. This made an excellent mattress cover and was tacked with stout cord to hold the pieces in place.

The wool blankets were cut into as large squares as possible for the baby's bed and a crochet edge made of yarn held the edges in place. The sheets were torn into large pieces and hemmed, sometimes turned and whipped together, and sometimes left just as big squares or pieces longer than wide. The pillow slips were opened and made into emergency sheets for the small beds and the old pillow ticks opened, hemmed and washed for mattress protectors.

When the work was done the young housekeeper had an old chest of things that later she said she never knew how she had existed without. For the first time in her life she learned the economy of saving good things in illness. She had been brought up to think that when anyone was ill the bed should be decked out with embroidered sheets and pillow cases, the best spread, the daintiest comforts and all the guest articles the household could afford, but at once she saw that patient and nurse could be spared much discomfort by using the clean old things. The little blanket to fold round the patient's shoulders, the small spread, the pad that was not injured if medicine was spilled upon it, the old soft pillow case and the little comforts for extra warmth all saved the good things and were so soft and comforting to the sick person.

If any young housekeeper is offered old bedding by some relative who has kept house a long time she can do nothing better than to renovate and wash and salvage it at the first opportunity. Everything costs so much nowadays that a chest full of old soft bedding for sickness is worth a great deal. Never discard an old quilt or comfort or spread or blanket as useless, or use them for ironing boards or dust rags or floor cloths as so many do, but wash and save and patch them for sickness and you will be glad hundreds of times that in time of health you prepared for just such emergencies by using material that at first sight seemed hopeless.

My Neighbor's Screened Porch.

One improvement that brings comfort and joy to any home is a screened porch.

One of my neighbors had an old porch that had been screened in years ago but it was worked over last spring and immensely improved.

This porch opens off the kitchen and dining room; it has an entrance from the front yard and one from near the concrete-covered cistern.

When the porch was remodeled, glass doors were placed at these entrances; a new floor was laid and painted a shade that does not easily show soil; the side and both ends were boarded up about two and a half feet and ceiled; window sash was set in such a manner that half of them may be slid behind the others for ventilation and coolness; galvanized screen-wired was used. The

overhead is painted blue and the walls are white.

With blue-and-white china, blue-bordered table cloth, blue-bird curtains and a few flowering plants my neighbor enjoys a very attractive summer dining-porch. At one end is plenty of room for a sink and tables where many tasks may be performed away from the heat and confusion of the kitchen.

There is also room at the other end for the sewing machine. If it is desired, a heater may be installed and a winter "sun-parlor" made for winter enjoyment. The family feel amply repaid for the necessary expenditure.

Bran Recipes.

Bran Porridge.—1 cup of milk, 1 cup of water, ½ teaspoonful of salt, ¼ cup oatmeal (rolled, or other cereal), ¼ cup of bran. Place in double boiler and boil for a half hour. Serve with sugar and milk, or sugar and butter. All water may be used if desired.

Bran Griddle Cakes.—1 cup bran, 1 cup flour, 1 tablespoon of sugar, 1 teaspoon baking powder, 1 egg, ½ teaspoon butter or butter substitute, ½ teaspoon salt, 1 cup milk. Mix dry ingredients, add egg slightly beaten, and milk and butter. Beat thoroughly and bake on a hot griddle. Serve with butter and syrup. This will make twenty cakes.

Bran Doughnuts.—1½ cups bran, 1½ cups flour, 1 tablespoon butter or lard, 1 egg, 2 teaspoons baking powder, ¼ cup sugar, ½ cup milk, 1 teaspoon salt. Cream butter and sugar. Add egg well beaten. Mix and sift dry ingredients and add to the first mixture. Roll on floured board. Cut with doughnut cutter. Fry in very hot deep fat. This will make three dozen doughnuts.

Bran Muffins.—1 cup bran, ½ cup white flour, 2 tablespoons sugar, 1 teaspoon salt, 1½ teaspoons baking powder, 1 tablespoon butter or butter substitute, 1 cup milk, 1 egg. Mix and sift dry ingredients. Add egg slightly beaten, and sugar. Add milk and melted butter. Mix all well together. Bake in well-greased muffin tins in a hot oven for about twenty-five minutes. Will make twelve muffins.

Drawn-in Threads.

Drawn-in threads are more popular than ever. This trimming is used on luncheon cloths, napkins, doilies, table runners, waste baskets, handkerchiefs, desk sets, dresser scarfs, pin cushions and bed-room curtains. An attractive table runner of natural-colored crash is trimmed with blue, red and black drawn-in threads. The edges are ravelled and finished with hand tied fringe.

Venetian Girdles.

Undeniably smart are the new Venetian bead girdles and belts. They are made of red, green, purple, tan and black wooden beads of various shapes and sizes. Some are strung in even rows and finished at the ends with tassels made of the varicolored beads while others are strung on heavy black silk cord. They are worn with the popular straight-line dresses of tricotine and serge.

Economic Value of Paint.

The life and usefulness of practically all buildings, farm machinery and implements can be prolonged by the application of suitable Paint or Varnish. It has been estimated that the loss suffered yearly through the decay of wooden surfaces is far in excess of the annual fire loss. The best examples of the value of Paint as a preservative are the many farm buildings still existing throughout the country which are over a century old and are still in splendid condition. It is actually true that wood will last indefinitely if kept well painted.

Paint saves by protecting and at the same time it fosters self respect, through improving the appearance of our property. Farmers who doubt the value of Paint may gain enlightenment from the fact that bankers will loan from 10 to 50% more on land where farm buildings are well painted and kept in good condition than on land where they are not. The bankers' action is based not merely on the simple idea that the farmer's house and barns are likely to last longer through the use of a protective coating but upon the truth that the man who uses Paint and Varnish gives clear evidence that he is wise and thrifty and, therefore, a good risk.

Cost of Columbus' Trip.

The voyage of Columbus which resulted in the discovery of America cost about \$7,500 in terms of our present currency.

Wit flourishes where sense fails to take root.

and the worst is yet to come



How to Photograph Buildings

Whether you wish to photograph a famous building or a simple farmhouse, there is room for taste and skill in bringing out the character of the subject in an effective and pleasing way.

The first thing is to find the point from which you can make the most attractive picture. The least desirable position is one directly in front of a building; avoid it if you can. A position a little at one side is far better, for it gives perspective and overcomes the mechanically symmetrical aspect that a full front view presents.

It is by no means necessary always to show the whole of a building to give a good idea of its character. In fact, it is often better not to do it if it is impossible to include the whole from a good point of view, or if a typical portion can be singled out. If there are trees near by, the photographer can often include them in such a way as to make them frame a vista of an attractive portion of the building beyond.

Details, such as the facades and entrances of public buildings, usually furnish good material; and a study of the porch and doorway of a private house, or a perspective view of a long veranda, sometimes has a more intimate, homelike quality than a picture of the whole house. The possibilities of such less formal architectural bits should not be overlooked.

Having chosen your point of view, the next thing to determine is the time of day when you can get the most pleasing effect of light and shadow. When all the parts are fully lighted, as is the case when the sun is behind the observer, the effect will be flat and the detail poorly defined; but when the sun is at one side its rays will slant across the surface of the building and bring out, by the high lights and the shadows cast, all the details of projecting portions. If two sides at right angles to each other are to be shown, the perspective effect is much improved by choosing a time when one side is in shadow and the other in sunlight.

If there are deeply recessed portions, such as the side of a building under a wide veranda, it is sometimes difficult to get good detail in the shadows in a photograph taken in very bright sunshine, because the contrast between the shadows and the parts of the picture in the sunlight is so great. In such a case as that the best way is to take the picture on a day when the lighting is softened by haze or clouds.

A point of view too near the subject will always show a violent foreshortening of parts seen in perspective, especially if the view covers a wide angle. If the camera is tilted, without making the correction that is to be obtained by the use of a swing back, the vertical lines will be distorted and, since they converge at the top, will create the impression that the building is falling over backward, a defect frequently to be noticed in hand-camera snapshots. When a camera that has no swing adjustment is used distortion of that kind can be prevented only by holding the instrument level when you make the exposure, since the convergence of the parallel vertical lines is caused by the fact that the sensitive plate or film is not parallel with the plane of the

subject. Of course the top of a tall building cannot be shown without pointing the lens upward, but the convergence can be reduced to the minimum by choosing as distant a point of view as possible; and if the camera has a rising front, raising the lens as far as it will go will make it possible to show more of the upper part of the subject without tilting the camera so much.

The best way to get good photographs of that kind is to use a plate camera provided with a swing back and a rising front, and to use it on a tripod. The proper way to handle such an instrument is to arrange the subject on the focusing screen, so as to include as much as you want of the upper portion of the building by raising the lens front. If that does not prove to be sufficient, tilt the camera until the image is correctly placed, then move the swing adjustment until the back is again in a vertical position. You will have to refocus, because the axis of the lens is no longer at right angles to the surface of the plate, and to make up for the unevenness of definition thus occasioned the image should be sharply focused in the centre of the field with the lens wide open and the aperture gradually reduced until the entire image is sharp.

Since the character of the subjects as well as the strength of the lighting varies so much, it is impossible to give accurate figures for exposure, but when you photograph a building of ordinary size you will be safe in allowing the same time as you would give to a landscape with a medium-dark foreground, under similar working conditions of light, lens aperture, and so forth; and for close-up studies that show dark shadows you should give twice as much time unless the greater portion of the subject consists of a white surface in sunlight. In any case, you will need a full exposure to render properly the details in the shadows.

Because of the various colors that you will meet with, such as red brick, brown stone, and the tints of sky and foliage, you should use orthochromatic plates; the double-coated, nonhalation kind is the best.

Newspaper Advertising Pays Dividends to Wrigley

Wrigley's chewing gum has started its fourteenth year of advertising in the Canadian newspapers. When they began very few people used chewing gum. To-day, few people do not get the pleasure and benefit of using Wrigley's "after every meal."

Regular consistent newspaper advertising convinced the Canadian public that Wrigley's is good and good for them. It has built the modern sanitary factory at Toronto—recently doubled in size.

If newspaper advertising will do this for the manufacturer of a single item selling for the small cost of five cents how much more can it do for the local purveyors of general merchandise who are selling many items, some of them running into hundreds of dollars on a single sale?

He who watches the rear cannot safely guide his car.

The child who is allowed to choose what he will eat is very apt to be undernourished. Fix his plate daintily and put it before him, with the things he should eat upon it, and if he never hears about preferences he will probably never make any.

NEURALGIA AND SCIATICA

Caused by Starved Nerves Due to Weak, Watery Blood.

People think of neuralgia as a pain in the head or face, but neuralgia may effect any nerve of the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease is the same. The cause is the same, and the remedy to be effective, must be the same. The pain of neuralgia, whether it takes the form of sciatica, or whether it affects the face and head, is caused by starved nerves. The blood, which normally carries nourishment to the nerves, for some reason no longer does so and the excruciating pain you feel is the cry of the nerves for food. The reason why the blood fails to properly nourish the nerves is usually because the blood itself is weak and thin.

When you build up the thin blood with Dr. Williams' Pink Pills, you are attacking neuralgia, sciatica and kindred diseases at the root. The value of these pills in cases of this kind is shown by the experience of Miss Beulah M. Fairweather, Cumberland Bay, N.S., who says: "A few years ago, following an attack of measles, I was left in a badly run down condition. I was weak and very nervous, and had no appetite. A doctor was called in and gave me medicine, but it did not help me. My blood was thin and my hands and my feet were always cold. Then to add to my misery I was attacked with neuralgia, from which I suffered greatly. I was reduced to a mere skeleton, and did not care whether I lived or not. I was in this deplorable condition when I began taking Dr. Williams' Pink Pills. It was some time before I could notice any benefit from the pills, but before a half a dozen boxes were used there was no doubt that they were helping me. Then I got six more boxes, and before they were done, I was once more enjoying good health and am now strong and healthy. I shall always feel grateful for what the pills have done for me, and urge all weak people to give them a trial."

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.

The Titanic "Mystery."

Regularly as the anniversary (April 14th, 1912) of the disaster of the Titanic comes round, the old belief is revived that the ill-fated vessel never reached the bottom of the Atlantic Ocean, but remained suspended somewhere about what is popularly described as "mid-waters."

Of course, there is not the slightest ground for such a belief. The idea underlying it seems to be that the water is so dense at a great depth, that a sunken vessel goes so far down, and, on reaching this denser layer of water, can sink no farther.

As a fact, however, water is only very slightly compressible indeed. Even in those great "deeps" of the ocean the water, volume for volume, is but little heavier than that at the surface.

Therefore, there was nothing to prevent the Titanic sinking not only to the comparatively shallow bottom of that part of the Atlantic where the fearful collision with the iceberg occurred, but also to the bottom of, say, that abysmal "deep" which is to be found some forty miles north of the Philippines, a "deep" with a depth of over six miles.

It should be borne in mind that in these remarks no account is taken of the possibility of the Titanic having had its downward progress arrested by a jutting rock or submerged plateau.

But the fact remains that if she had, in sinking, a clear, unobstructed course, the Titanic would reach the lowest depths of the ocean as surely as a pound weight would reach the bottom of a pail of water.

Fatal Thirteen.

Some people hold that our objection to sitting thirteen at table has a connection with the Last Supper. This may be true, but the superstitions attaching to the number dates back far beyond the Christian era.

Twelve was the most desirable number among the ancients, for a variety of reasons, the chief of which was that the Zodiac contains twelve signs. They used to reckon the year by lunar months—the word "month" means a moon-cycle—of which there are thirteen in three hundred and sixty-five days. Later they called the months after the signs of the Zodiac, and changed their number to twelve.

Since the thirteenth month was wiped out, any thirteenth thing was regarded as doomed to suffer a similar fate, and so a superstition arose which has lasted for thousands of years.