

About the House

How To Get Rid of the House Fly.

House flies are recognized as a most common vehicle for the transference of certain diseases from sick to well persons. Their activities are especially associated with the distribution of such diseases as typhoid fever, tuberculosis and infantile diarrhoea, the germs of which may be found exposed in feces, and other discharges of sick persons. The flies infect themselves by feeding on such substances. They carry the germs on their legs and bodies, as well as in their digestive tract and then pollute such food as milk with the germs. They also carry organisms from decaying substances, which will promote decay in the material infected.

A fly that has fed upon feces of a typhoid patient may carry the organisms of typhoid in his digestive tract, and vomit it on food for a period of at least seven days.

The best method to prevent their breeding.—House flies breed in decaying or decomposing vegetable and animal matter and excrement. **THEY BREED CHIEFLY IN STABLE MANURE.** See that the regulations respecting the storage of manure in urban municipalities is enforced in your town. In order to control the breeding of flies, manure should be regularly removed every six days in the summer, and either spread on fields or stored at a distance of not less than a quarter of a mile, the further the better from the house or dwelling. Flies also breed in fermenting matter, such as kitchen refuse and garbage and in moist earth, sometimes found around garbage and privy receptacles. Garbage receptacles should be kept tightly covered. If you have no garbage collection in municipality, all refuse that will ferment should be buried or burned within a few days. When it cannot be disposed of at once it should be sprinkled with chloride of lime in summer.

Rid your house of flies.—First screen your windows and doors, especially those in the dining-room and kitchen, then drive as many of the flies out as possible through the sunny opening. Flies naturally seek the light, and in summer do not seek dark corners.

To poison flies.—Mix two tablespoonfuls of 40 per cent. Formalin (a solution which may be obtained from any drug store) with one pint of equal parts of milk and water. This mixture should be exposed in shallow plates in sunny windows, and a piece of bread may be placed in the middle of each plate to enable the flies to alight and feed. All dead flies should be swept up and burned. The burning of pyrethrum in a room, preferably at night, is sometimes effective. Immediately after, the flies should be swept up and burned, as many are only stupefied by this substance.

Stable flies.—All of the foregoing methods may be applied in the extermination of the stable fly. These pests cause animals a great deal of pain and prevent them properly resting. Money that is spent in keeping the stable free from flies and their breeding grounds and for chloride of lime—to be lightly sprinkled in the troughs and behind the horse-stalls—will more than compensate in the improved condition of the animals, and will guarantee them comparative freedom from the attacks of flies in the stable.

How Can I Overcome Bashfulness?

One of my girl readers wrote me lately that she had overcome a great deal of her bashfulness by paying more attention to her clothes and appearance. She found that if she dressed with care she had more confidence in herself and was happier. Her system is worth trying. Take comfort, too, in the fact that you will outgrow some of your bashfulness, but make up your mind not to let anything interfere with your meeting people. Do not avoid people, but mingle with them whenever possible. Take part in the things that are happening in your neighborhood. Go to church and to Sunday school, and if asked to serve on a committee do not refuse, but do what you can to make the work of that committee a success. You can

The most agreeable of all companions is a simple, frank man, without any high pretensions to an aggressive greatness; one who loves life and understands the use of it, obliging, alike, at all hours; above all of a golden temper; and steadfast as an anchor. For such an one we gladly exchange the greatest genius, the most brilliant wit, the profoundest thinker.—Lessing.

always forget yourself in trying to do things for others. Read the experience of this girl. I am sure you will find it helpful:

"It seems that half the girls who seek advice are asking how to overcome self-consciousness. A lot of us know just how they feel, for self-consciousness is that miserable feeling which comes when you are in company, making you tongue-tied and awkward. I am not offering a positive cure for this trouble, but I am going to tell you of a few things that I have found helpful. People feel better if they know they are looking well. One does not need expensive clothes, but something appropriate and becoming. Well-cared-for shoes, stockings and neckwear count a lot. See that your shoes are not run down at the heels, nor your gloves soiled.

"While you are dressing, dress carefully. No one can feel perfectly at ease who has dressed too hurriedly and feels that she is coming to pieces. If your hair is slippery, fasten a net over it, but not too tightly. It also pays to be particular about your finger-nails, for nothing is more disconcerting than to discover dirty nails after it is too late to attend to them. Having made a careful toilet you can forget about yourself entirely. Avoid fussing with your hair, picking at your face, playing with your necklace or drumming your fingers, for it is annoying to others and betrays your nervousness.

"Practice good manners. Try to be natural and at the same time be as nice as you can to every one all of the time. Think of nice things to say to people and say them even if you think it will kill you. It won't.

"If you don't talk very brilliantly, try being a good listener. Be sympathetic and attentive. Find out what other people's ideas are. Be interested in everybody and you will find them interested in you. Go out of your way to please them. Smile. Avoid cultivating the little mannerisms of other people, for what is natural for them is not natural for you. When you meet strangers make yourself believe that you like them. By liking them you can make them like you.

"Study yourself first, be sure of yourself, but most of all study other people so hard that you won't have time to think of yourself. Therein, I think, lies the secret of a charming personality."

Place-Cards.

Place-cards are used at formal dinners or luncheons in order to seat the guests without confusion. The names of the guests are written on the cards and arranged at the places where the guests are to be seated. On entering the dining-room each guest seeks his or her name and in this way finds his place. The cards also have decorative value, especially when made to harmonize with the other decorations, or are in keeping with the purpose or special features of the entertainment.

A Sunshine Room.

My room is not the customary pink, blue, or yellow, but a room of sunshine. It is a north room but still full of light. I decorated it in sunshine shade and trimmed it in black and gold.

I purchased a package of wall tint, mixed it with water and applied it to the walls, giving them a delicate orange tone. The curtains I dyed the same shade and decorated with black conventional design. They invite the sunshine. The bed, once green with brass knobs, and the glass candleholders I painted the same shade. I then made bolster cover and bedspread of unbleached muslin with applique design. A boudoir pillow matches this set. A number of Japanese post cards of black and white I have framed to have the pictures black and white. The candlesticks adorn a dark, low-cut dresser. I painted some weeds into winter bouquets and made jars decorated with sealing wax to hold them.

For the floor covering I dyed orange rags, had them woven and decorated them with black yarn.

It is a charming room and yet cost little. My sunshine calendar says: "Give to your enemy forgiveness, give to your opponent tolerance, to your friend your heart, to parents deference and to everybody sunshine." A room like this helps to make me feel more sunny.—O. B.

The first aerial time-table, consisting of nearly one hundred pages, has appeared in Germany.

Pews were first placed in churches for the use of Norman nobles. Ordinary worshippers sat on three-legged stools.

To prevent the skin from discoloring after a fall or blow, take a little dry starch, moisten it with cold water and lay it on the injured part.

Wolf and Lamb Up to Date.

Here is the latest version of the tale of the Wolf and Lamb:

Taking advantage of the universal disorder the wolf one day left the woods. He met a lamb that quietly grazed in the meadow.

"I'm going to eat you," he said simply. "No use asking explanations. I don't do it out of malice or vengeance. I am a wolf, thou art a lamb; that suffices."

The lamb asked for five minutes' respite and ran straight to the seat of the Society for the Protection of Animals, where it made known its case. "We are here," they answered, "to protect the animals from men, and not from other animals. If the wolf wants to eat you nothing can be done. It is the law."

Filled with despair, the lamb returned to its doom. On the way it met an old he-goat, who, on learning the lamb's misfortune, was seized with great pity. He took it to his house and powdered its fleece all over with pepper until the white lamb had turned black.

"Go now," said the old goat, "and don't be afraid."

The wolf waited, full of confidence. It was difficult for him to recognize the lamb, but he snapped at it all the same. Immediately he choked and his eyes filled with tears.

"Get off!" he said, releasing his prey. "There is no longer justice in the world. It is the end of everything."

And, with his tail lowered, he went back to the woods.

What does the fable teach? The answer may be suggested by the circumstance that this version appears in a Bulgarian paper—and Bulgaria is supposed to have had a narrow escape from being despoiled by Greece.

Interesting Customs of Bees.

Volumes have been written on the life of bees; so full of interest are their habits, their laws and government. A queen is their greatest treasure, and they will guard her with their lives, but only one queen will they tolerate, although it will happen at times that two queens will be hatched.

When this does occur a deadly combat begins the moment that the queens emerge from their cradles, and Huber was the first to remark an extraordinary feature in connection with this combat. Each time that the queens present their cuirasses to each other in such a fashion that the drawing of the sting would prove mutually fatal, the two warriors, stricken with simultaneous terror, divide and fly, only to meet shortly after and separate again should the double disaster threaten the future of their people. At last, however, one of them is bound to succeed in surprising her clumsier or less wary rival and in killing her without risk to herself, for the law of the race has called for one sacrifice only.

Meanest Man.

Who was the meanest man that ever lived? Surety the doubtful distinction was earned by the Irish knight referred to in Dr. Poumie's de la Siboutie's "Recollections of a Parisian."

This man, whose name was Flott, had established an unenviable reputation for avarice. His wife, who used to keep a coffin in her bedroom at Dublin, in which she wished to be laid after her death, died away from home.

Flott thereupon dispatched the following note to his steward: "Kindly send me her ladyship's coffin, and make use of the opportunity by filling it with fruit and vegetables, as nothing of the kind can be bought here."

The order was obeyed. The coffin arrived crammed with eatables, which were taken out and replaced with the remains of Lady Flott.

Missed His Mark.

Uncle was telling a yarn to his nephew, and he made it exciting. What's the good of telling a yarn if it is not exciting? "The snow was falling fast and furious as I tore out of the wood on to the plain in one of the wildest parts of Siberia. We had more than a mile to go to get out of the forest, that was plain. We heard the howls of the pack of wolves behind us. I strained every nerve, but all in vain. Now I could hear their panting breath. At last I felt their muzzles touching me. When—" "Oh, uncle," interrupted the nephew, "you must have felt glad!" "Glad, my boy!" cried the uncle in amazement. "Why?" "Why, glad when you found out that they had their muzzles on!"

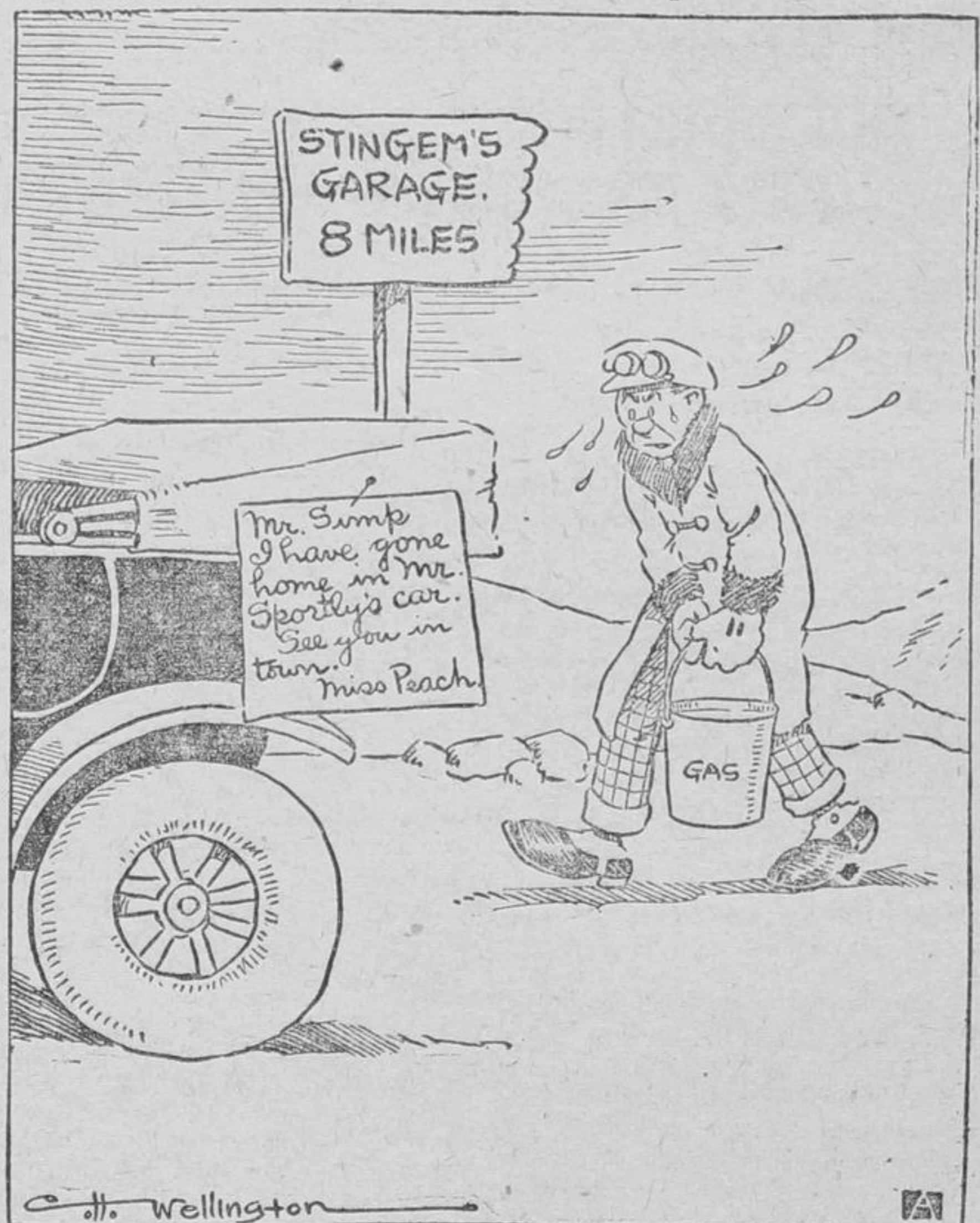
Frank: "If thirty-two is freezing point, what is squeezing point?" Bob: "Two in the shade."

Moths getting in clothing? An occasional brushing and sunning will help to get rid of them.

Radium worth \$20,000,000, but weighing only 6 ozs., has been produced in the last twenty-six years.

Elephants seldom sleep more than five hours a day.

and the worst is yet to come



Broken Bones.

When a person meets with an accident and breaks a bone his friends are likely to content themselves with saying that he has broken his leg or his arm, as the case may be. But that is not enough for the physician; he is immediately concerned to know what kind of fracture it is.

Broken bones are of six types: simple, compound, complicated, comminuted, greenstick and impacted. A fracture may of course be of more than one type. By a simple fracture is meant one in which the bone is broken only in one place and has not broken through the skin. In a compound fracture the skin is broken, a circumstance that adds enormously to the gravity of the accident, since it means an open wound, with all its liability to infection. A complicated fracture means one in which other injuries are sustained at the same time, as, for example, when a nerve is torn or an internal organ or blood vessel is hurt. A comminuted fracture is one in which the bone is broken in several places. A greenstick fracture is explained by its name; the bone is partly broken and is bent over like a green stick. It is common with children, whose bones are without the brittleness that comes with adult life. In an impacted fracture the fragments of broken bone are wedged into each other.

There is one important lesson to learn from an impacted fracture; in the case of impacted bones first aid to the injured is a matter, not for the well-meaning bystander, but for the experienced physician. Until the doctor arrives the patient should be placed in the most bearable position with the injured part well supported and kept as nearly motionless as possible. He will be glad of that, for people with broken bones are anxious to be let alone. There are many good reasons for this "let alone" policy; one is that the wrong sort of handling may very easily turn a simple fracture into a serious one.

When the bone has been put into place and has knit skillful massage and passive movements often aid recovery and prevent deformity.

SATISFIED MOTHERS

No other medicine gives the same satisfaction to mothers as do Baby's Own Tablets. They are equally good for the newborn babe or the growing child and are absolutely guaranteed to be free from opiates or other harmful drugs. They are a mild but thorough laxative and cannot possibly do harm—they always do good. Concerning them Mrs. Jos. Ache, Côteau Road, N.B., writes:—"I think that Baby's Own Tablets are a marvellous medicine for little ones. I gave them to my little girl with such good results that I now strongly recommend them to all mothers." The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Not the Place For It.

He (lingering in the hall)—And, dearest, we shall grow old together, you and I.

Her father's voice—"Well, you needn't start doing it down there, need you?"

The greatest truths are the simplest; and so are the greatest men.—Hare.

A NERVOUS BREAKDOWN

When the Blood is Out of Order the Nerves Are Starved.

The nervous system is the governing system of the whole body, controlling the heart, lungs, digestion and brain; so it is not surprising that nervous disturbances cause acute distress. The first stages of nervous debility are noted by irritability and restlessness, in which the victims seem to be oppressed by their nerves. The matter requires immediate attention, for nothing but suitable treatment will prevent a breakdown. The victim, however, need not despair, for even severe nervous disorders may be relieved by improving the condition of the blood. It is because Dr. Williams' Pink Pills enrich the blood that this medicine has proved beneficial in nervous disorders. The nerves thrive on the better blood made by these pills; the appetite improves, indigestion is better, sleeplessness no longer troubles the nerve-shattered victim, and life generally takes on a cheerful aspect. The value of these pills in cases of this kind is shown by the experience of Mrs. John W. Macdonald, Cardigan, P.E.I., who says:—"I have much cause to be grateful to Dr. Williams' Pink Pills. I was suffering from nervous breakdown, and my condition gave alarm to both my friends and myself. I suffered almost continuously from nervous headaches, my appetite was poor, I hardly got any sleep, and in every way I was badly rundown. A friend advised me to try Dr. Williams' Pink Pills, and after I had taken them for a while there was a noticeable improvement in my condition. I continued using the pills until I had taken twelve boxes, when every symptom of the trouble was gone, and I have since enjoyed the best of health."

You can get Dr. Williams' Pink 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.

Wily Husband.

Mrs. Tompkins was in need of new clothes and adopted her usual tactics with Mr. Tompkins. "A tree, you know, dear, gets new clothes every spring; a new parasol—new everything." "Yes," acquiesced her husband, "and makes them all itself."

Not What He Meant.

He—"Those flowers are lovely. They remind me of you, darling." She—"Why, they're artificial." He (quickly)—"Yes, but you'd never know."

Silent Power

The mighty forces which open the petals of the rose and bring the color of the peach, which unfold the leaves and flowers, work silently, noiselessly. Scientists tell us that there is chemical force, power enough in the sunlight, working upon a few acres of grass, to run all the machinery in the world. Yet we hear no sound, not a particle of noise, although the forces are terrific.