

# About the House

## How I Lightened My Housework.

I was raised on a farm, and lived with my parents until I was twenty-one years of age, always doing my part of farm work in the house and out of doors. But after I was married, and in a home of my own, the work seemed to be greater, for every job was to be done by me. And, as young people starting out, we tried to make and save all we could, and I would get my housework all done up in order and help outside as much as I could.

In a few years I had two children, and children surely do add to a mother's work. I have always done all my own washing, ironing, and cooking, fixing the big dinners for eighteen or twenty men when our wheat was threshed. Then as the winter months came on, and our school would start, I always boarded the teacher. Of course, this made extra work in cooking and washing and ironing, as I always did their work right in with mine.

I have often seen my housework all to be put in shape, about 150 little chicks to be turned out in their places and fed, and a good-sized garden to be hoed out in the early morning, and thought that farm women were just worked to death.

I kept this up for about eight years, and was thinking and planning and saving all this time to fix a way where I could do all my work and not have to work so hard, and accomplish more in the long run.

We had a house with only four rooms, so decided to build. I selected a plan where I had eight rooms, with bath and closets. These rooms were arranged so as to eliminate a lot of extra steps. We put a basement under this whole building. Now I have my canned fruit in there instead of in a dirt house in the back part of the yard.

In this basement we put a hot-air furnace, and every room is heated by the furnace. This saves me the work of putting up and taking down stoves and the job of polishing stoves three or four times a season. And the furnace being in the basement, when my husband builds the fires all the litter is in one place and I thus have much less sweeping to do.

My living-room in the old house had to be swept every time there was wood brought in and a fire built, and now my living-room stays cleaner swept three times a week than it did when swept three times a day. This was several steps saved.

In this new house my beds are upstairs, and if I am crowded with extra work on some mornings I can leave my bed-making till in the afternoon. So with the new house and more room my work seemed to lighten considerably.

Then, in a few more years, my husband bought an electric-light plant, and installed it himself. This was a great saving, as labor along that line is very high. Now I have all the

trouble of cleaning and filling six or eight lamps every day done away with, and all I have to do when I am ready for a light at night is to step to the wall, press the button, and have my nice, bright electric light just like my neighbor in the city.

## Our Clothing.

The temperature of our bodies is regulated to some extent by the clothes we wear. Certain kinds of clothes prevent loss of heat more than others. Soft, clean woollen garments have the property of containing large amounts of still air enmeshed in their fibres. This practically non-moving air forms a good non-conductor of heat. The amount of the body covered, the number of layers of wool or similar woven cloth used, and the cleanliness of the clothing, influence the heat loss. Soiled clothing retains less still air, wet clothing retains almost none. Heat loss in the last case is very great. Wet feet particularly should not be neglected, as they sometimes are. Cold, wet feet have a direct predisposing influence upon the development of inflammation of the air passages ("catching cold").

When it is warm we desire to increase the heat loss. This is favored by wearing loose garments, made of tightly woven non-air containing cotton material. They should be clean and worn open around the neck and upper chest. Moving air striking the upper chest causes a feeling of well being and aids in the body regulation of heat production and heat loss.

## Cultivating Musical Taste.

The saying, "there is no accounting for tastes," contains rather more falsehood than truth. Taste is very largely accounted for by habit. The child whose musical experience is limited to trashy songs, accompanied by an ill-tuned instrument, cannot be expected to appreciate the fine music artistically rendered. Children, even more than adults, love the familiar. Let us see to it that they are familiar with the best.

This does not mean that children should be bored by listening to music which they are too undeveloped to enjoy. Let the younger ones sing the beautiful songs that have stood the test of years. In selecting music, remember that just as the child's body and mind develop through the various stages through which the human race has passed, so his music taste will also tread in the footsteps of the race. Children are especially fond of the tones of the xylophone, flute, harp and violin, these instruments being direct descendants of the first musical instruments invented by our remote ancestors. Excellent phonograph records of these instruments can be obtained. Young children like simple melodies, strong rhythm, plenty of dramatic color and action. They enjoy the old dances, minuets, gavottes, the lullabies and the spirited marches of various nations.

As children develop they will understand and enjoy the more complex and subtle music of a more advanced age. Let them hear really fine music, let them listen to some great orchestra, but do not fail to give them in their own homes the works of the masters, that these may have in later years the dear familiarity of long-loved friends. No parent, if it is at all possible, can afford to miss the joy of playing to his children, but the player-piano and phonograph, while they will not replace hand playing, are most powerful aids in cultivating musical taste in children.

## Proper Food.

An engine depends upon steam for its driving power. We use food instead of coal to obtain our energy. Working, breathing, thinking, keeping our bodies at the right temperature, eating, digesting our food—all require some of the energy we create each day. The maintenance of bodily warmth—the kind of work we do—the growth of the body and the repair of the worn tissue require foods of various kinds and of varying quantities. Perfect nutrition depends upon an adequate supply of energy to the body in every kind of circumstance. A variety of foods is desirable. Well cooked foods served in clean, wholesome surroundings aid proper digestion.

The foods which should always be included in the meals of the day are: Butter, milk (properly pasteurized), yolk of eggs, or the essential contained in them in a different form.

Bread, spinach, or other leafy vegetables.

Uncooked fresh fruit, some uncooked vegetables, tomatoes, etc.

Meats may be added, but are not as essential as it was at one time thought. Beans, peas, corn and other grains are more efficient power providers than beets, carrots, parsnips, and other tubers or roots. Grains, roots and meats will not by themselves provide a sufficient diet. Certain essentials contained in milk and its products, eggs and leafy vegetables are indispensable and even sufficient if combined with fresh fruits and bread.

## The Old Oaken Bucket.

"Standing with reluctant feet  
Where the brook and river meet,"  
Weary farmwives stoop and dip,  
Rise, and make another trip.

Sink a well and put in plumbing;  
Speed the day that's coming  
When the bucket to the shore  
"Shall be lifted—nevermore."

## The North Wind.

The South Wind is sleeping,  
The North, full of wrath,  
With his locks white with snow  
Which he shakes in his path,  
Fast over the mountains is hurrying  
south,  
And his breath flies before,  
Like a fog from his mouth.

See! over the meadows all barren and  
bare,  
How the snow it falls thick as he  
shakes his white hair;  
And here on the mountain, and there  
on the plain,  
The trees are all clothed with white  
flowers again.

The lake in the valley, the brook in the  
field,  
Are stirred with his wrath, and help-  
lessly yield.  
And o'er their firm surface he marches  
in pride  
And hangs his white cloak on the tall  
mountain side.

Then over the billows he rushes in  
glee,  
But shrieks in despair at the strength  
of the sea;  
At the north he is Lord of the ocean  
strand,  
But here his dominion is stopped with  
the land.

He roars through the alleys, he storms  
at the locks,  
He shrieks down the chimney; each  
doorway he blocks;  
Then, up in the steeple, the great bell  
he shakes  
And laughs at the terror his wild rush  
awakes.

Now, over the graveyard he mournful-  
ly goes,  
And hides all the graves with the  
whitest of snows—  
No one he neglects, be it pauper or  
King,  
And whispers, "Lie warm till the com-  
ing of Spring."

—E. Frank Hayes.

The ordinary person's lungs contain 76,000,000 air cells.

The age-old custom of the Japanese of sitting down on their folded legs on a cushion or mattress is going out of fashion. All the schools are using chairs and benches of the Western style. Public gathering places now have benches, even the Buddhist temples, and in many families chairs and tables are in regular use.

## —AND THE WORST IS YET TO COME



## The Fascinating History of Radium

A substance thousands of times more valuable than gold, costing over two and a half million dollars an ounce, which cures diseases, yet is so dangerous that contact with it may mean death—such is radium, nature's most precious gift, and the discovery of one of the most remarkable women in the world.

Mme. Curie, French scientist, discovered this wonderful metal twenty-six years ago.

Radium looks like tooth powder, yet \$10,000 worth could be held in a tiny tube.

It is obtained from pitch-blende, a velvety black mineral which was looked upon as waste once uranium had been extracted from it.

In her search for fresh fields to conquer, Mme. Curie made an analysis of a ton of this "waste" and, upon separating all the minerals in it, discovered radium.

The cost of radium is so high because of the labor involved in producing it. To get one gramme, 5,000 tons of ore have to be hand-picked and sorted down to 500 tons, and this in turn has to be chemically treated to produce the tiny quantity of the precious substance.

In the last twenty-six years only six ounces of radium have been produced. The principal radium mines are in Czecho-Slovakia, which produce four grammes yearly, and in the United States, where the annual yield is thirty-five grammes.

There are thousands of uses to which radium can be put—in luminizing watches, sunsights, and so on—but its great boon is the treatment of cancer and ulcers. Its tremendous heat provides this curative power. The metal shoots out thousands upon thousands of particles a second, but these are so small that in hundreds of years hardly any change is noticeable in the radium.

It was an accident that led to the

discovery of the curative quality of radium. A professor carried a tube containing a little radium in his pocket for three weeks and then discovered he had a bad burn on the skin. Suddenly the idea occurred to him that radium would be better than caustic in burning out cancers. It was tried, with results that have since astonished the world.

The difficulty in the use of radium was that it might harm the healthy as well as the diseased parts and perhaps cause the patient's death.

The problem was overcome by enclosing the radium in a metal tube about an eighth of an inch thick which absorbs the tiny particles thrown off by the substance and allows only the invisible X-rays to pass.

For the actual treatment a sufficient number of tubes are wrapped up in a surgical gauze or stuck into a piece of dentist's moulding-wax, so as to keep the tubes from direct contact with the skin, and the whole package is strapped over the tumor. In treating some cancers, for instance in the tongue, it is difficult to keep the radium in place for the necessary number of hours, so another method is used.

Radium gives off a gas which is collected in small steel or glass needles. These needles can be stuck into the tumors and left there as long as necessary.

The light of radium burns without replenishment for two thousand years, and during that period less than fifty per cent. will have decayed. Since it is shooting off small particles, what becomes of radium after its fire has died out? This magic stone of the scientists changes from the most costly metal into the basest—it becomes lead!

We can hammer radium into powder, freeze it and melt it, but none of these operations interferes in the slightest degree with its activity.

## Lots of "Jacks."

Why has the familiar diminutive of the christian name John been attached to so many things? There is the "Jack" of cards, the jack in the game of bowls, the jack which is a piece of armor, the jack which is a leather bottle, the jack which is a machine for lifting weights, and there is the Union Jack which is the pride of the greatest Empire the sun ever shone upon!

But we are only beginning. There is Jack-a-dandy, who is silly coxcomb, and Jack-a-dreams, as Hamlet calls himself, a man of inaction and irresolution, and Jackanapes, who is usually in these days an impertinent little boy, and Jack-in-the-Green, the May Day sweep, and Jack-of-all-trades, who, though, turning his hand to anything, excels in nothing, and Jack-of-both-sides, who tries to run with the hare and hunt with the hounds, and Jack-in office, an upstart who presumes on his official position to give himself airs.

Then, we say "Every man-Jack" when we mean everybody, and we say "Jack is as good as his master" when we mean the proletariat, and Jack Tar when we mean every seaman afloat, and when we see a profiteer in his Rolls-Royce we say "Jack will never be a gentleman," and in saying it, we do real Jack an injustice. There is Cheap Jack, and Jack Ketch, and Jack-

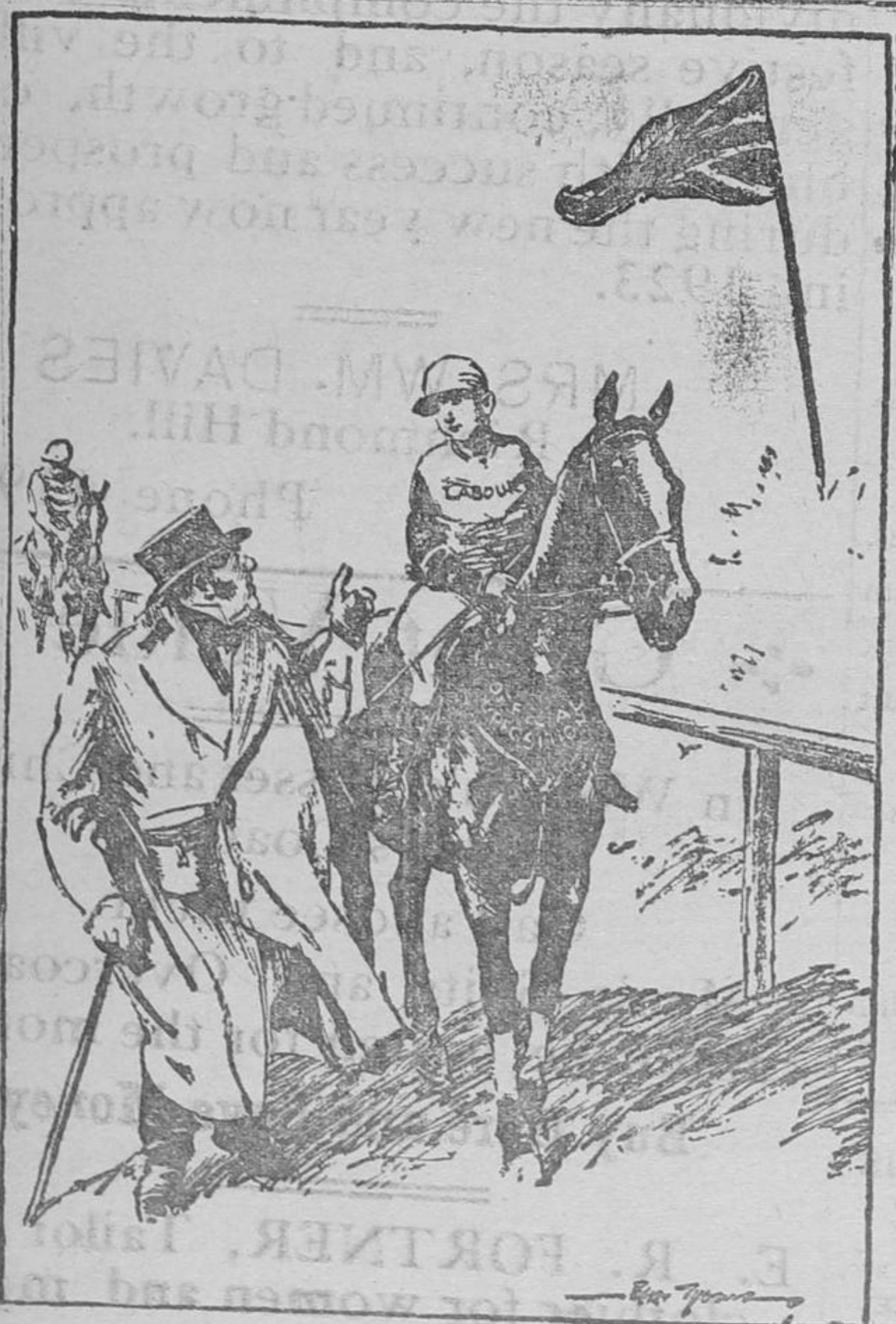
straw, and Jack Brag, and Jack Frost.

In the favorite fairy tales there is "Jack and the Beanstock," who is always in evidence in pantomimes, and "Jack and Jill," which the learned in these matters say represents in the form of a nursery rhyme the complete fusion of Saxon and Norman, and "Jack the Giant Killer" who had the invisible coat, the cap of wisdom, the shoes of speed, and the all-conquering sword, and Jack Horner who "sat in a corner," and "The House that Jack Built," and Jack Sprat who could not eat fat, and Jack-in-the box, which is a child's toy.

There is, too, the term Jack-ass, sometimes applied to an animal and sometimes to a human, and Jack-hare, and Boot-jack, and Jack-daw, and Jack-boots, and Jack-plane, and Jack-towel, and last, but not least, there is Jack Robinson—the volatile gentleman who is gone before you can pronounce his name!

A thickness of nine feet of vegetation is required to make one foot of coal.

Any coward can fight a battle when he's sure of winning; but give me the man who has pluck to fight when he's sure of losing.—George Elliott.



CARTOON

Trainer John Bull—"Now, my boy, take the advice of an old hand—don't rush things."