

About the House

MY MOTHER'S HANDS.

Such beautiful, beautiful hands!
They're neither white nor small;
And you, I know, will scarcely think
That they were fair at all.
I've looked on hands whose form and hue
A sculptor's dream might be;
Yet are those wrinkled, aged hands
Most beautiful to me.

Such beautiful, beautiful hands!
Though heart were weary and sad,
These patient hands kept toiling on,
That the children might be glad;
I always weep, as looking back
To childhood's distant day,
I think how those hands rested not
When mine were at their play.

Such beautiful, beautiful hands!
They're growing feeble now,
For time and pain have left their mark
On hands and heart and brow.
Alas! Alas! the nearing time,
And the sad, sad day to me,
When 'neath the daisies, out of sight
These hands will folded be.

But, oh, beyond this shadow land,
Where all is bright and fair,
I know full well these dear old hands
Will palms of victory bear;
Where crystal streams through endless years
Flow over golden sands,
And where the old grow young again
I'll clasp my mother's hands.
—Ellen M. H. Gates.

LET'S TRY OUR GUEST ROOM.

A friend of mine once told me that her mother advised her, at an early period in her housekeeping career, to sleep in her guest room once in a while. She had found it an excellent suggestion and had followed it with—she was more than sure—distinct advantage to her guests.

I slept in mine soon after, and was horrified to find that the feather pillows, comparatively new, had an oily and very disagreeable smell, necessitating their being sent to the cleaner's at once.

I should never have known it had I not slept upon them; for what guest could make up her mind to tell me? Neither would any one, I suppose, ever speak of the sagging or obstreperous spring, the lumpy mattress or the squeak in the bed, any one of which would effectually put sleep to rout for the sensitive or poor sleeper.

My first suggestion is, therefore, a repetition of my friend's advice—sleep in your own guest room occasionally.

The guest room is not so inevitable an inference in these days of small and expensive apartments as in old times. I am surprised to see how many apartment dwellers dispense with it as a matter of course.

Those of us who live in the country, however, and delight in welcoming our family or city friends to week-ends or real visits, still feel that the guest room is a very necessary feature of our homes.

In fitting up a guest room there is, necessarily, much latitude. In the average home its furnishings must needs be simple. In these days, however, simple furnishings may also be beautiful.

As a primary necessity, be sure that your bed is comfortable. If size of room allows, twin beds are desirable. The old-fashioned double bed is, nowadays, hardly considered. The mattress should be covered, and the cover frequently laundered. In winter a soft, thick bed pad or a warm blanket should be laid between mattress and sheet; this for real warmth, as the hair mattress, although comfortable and sanitary, is not warm. Be sure to provide plenty of bed clothes—a down puff as an extra if possible.

If one cannot spare a down puff an excellent homemade substitute may be manufactured from a pair of worn but woolly blankets tacked and tied in a pretty cover of silkline or cheese-cloth, the edge finished with ribbon binding or buttonholed with worsted.

Many people depend upon a few minutes "read" before going to sleep—I confess to this indulgence myself. Arrange a simple reading lamp on a stand by the bed, or, if more convenient, a hanging burner over its top.

The stand, with an attractive cover, should contain a cracker jar, well stocked, to afford first aid to the poor sleeper, a tumbler-covered carafe of fresh water and an interesting book or two.

A writing desk is a boon to the guest making a real visit; provide one if possible. A prettily enameled—by home talent—pine table of convenient height is a satisfactory substitute. Stock it with good pens, inkstand well filled and a pad or portfolio containing some of the house paper and a blotter. A box of stamps is appreciated as aid in an emergency.

Perhaps a combination of bookrack and writing materials can be made.

A small work basket, well stocked, should stand in some convenient place.

A really comfortable chair, besides the ordinary ones, is a necessity; a couch—sometimes possible—is a luxury. A rack on which a suitcase may be placed is a very great convenience. The bureau or toilet table may be as conveniently and ornamentally stocked with toilet articles as circumstances will allow; but see, I pray you, that you provide a pincushion well stocked with a variety of pins.

Don't forget a scrap basket. See that your guest room supplies a stand or container for towels, face cloths, soap, tooth paste, powder and so forth.

It is often a very great convenience to an overnight or week-end guest with a small quantity of luggage, to find a bath robe hanging in the guest room closet. I think this might be considered a necessity.

Be sure, also, that this closet contains plenty of hangers.

Lastly, give your guest a chance to enjoy her room—that is, don't try to entertain her all the time, or try to give her your society every single minute of the day. Often a chance to take a nap, write a letter or two, read a new book or simply spend a half hour in quiet, undisturbed by the necessity of talking, is appreciated by your guest.

A DAINY SUMMER FROCK.



4748. This is nice for crepe de chine or batiste, with trimming of lace or embroidery. The new printed voiles, organdy and linen may also be used for this pretty frock.

The Pattern is cut in 4 Sizes: 14, 16, 18 and 20 years. A 16-year size requires 4 1/2 yards of 32-inch material. The width at the foot is about 1 3/4 yards.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St.,

Toronto. Allow two weeks for receipt of pattern.

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TO MAKE A FIRELESS COOKER.

First get a large wooden tub or box. Put six inches of sawdust in the bottom and place in a tin bucket—wrapped in asbestos—in the centre of this and pack the space between bucket and box with sawdust. The bucket requires a cover.

Pour plaster of Paris on the top of the sawdust to hide it and hold it in place. Paint the box white and fasten a top on it with hinges.

The top, shaped like a shallow box, should be filled with wool felt, corrugated board or, if perfectly tight, with sawdust.

The vessel containing the food is put on a heated soapstone—in the bottom of the tin bucket. Both tops should be fastened securely and it needs no more attention until the time comes to remove the food.

TO CHOP RAISINS.

When you have raisins or nuts to chop, take off the top of your baking-powder can, put the raisins on nuts on a board and chop them with the sharp edge of the can. It will not mash them like the food grinders, and is more speedy than a knife or scissors.

A SPLENDID LAXATIVE FOR THE BABY

Mothers should constantly be on guard to keep baby's bowels working freely and his stomach sweet, for nine-tenths of the ailments from which little ones suffer are caused by derangements of the stomach and bowels. Baby's Own Tablets are a splendid laxative for the baby. They are mild but thorough; contain neither opiates nor narcotics, and are absolutely guaranteed to be safe and efficient for either the newborn babe or the growing child. By their action on the bowels and stomach they drive out constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Slight Reduction in Sight.

1st High-Salaried Man—"They say they're going to reduce the tax on only the part of a man's income that's earned."

2nd Ditto—"Great Gosh! Do you think they're likely to have a talk with the boss?"

—AND THE WORST IS YET TO COME



RED ROSE TEA 'is good tea'

Next time try the finest grade—
RED ROSE ORANGE PEKOE

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.

How do communicable or infectious diseases spread? That is a question that puzzles the lay mind, and rightly so, for the question is one of great importance. Next comes the problem of preventing the spread of communicable diseases, a matter of even greater importance. Most of the communicable diseases are spread by direct contact and by direct infection, that is by transference of the infection from one individual to another. Dr. Paul Gerhard says that in the prevention and control of outbreaks, the whole municipal machinery (health, police, city engineering and public traffic departments) should hold in readiness well-considered preventive measures. The extent and nature of these necessarily depend upon the character of the community. A rural district or a small town obviously demand a somewhat different treatment than a metropolis. In all important measures efforts are concentrated along the following lines: (a) The prevention of droplet infection by sneezing, coughing, spitting, hand-shaking, etc. Such droplets are scattered about to a distance of several feet, and every drop may carry the germ. (b) The control of sputum, the avoidance of hand contamination and the contamination of eating and drinking utensils (dishes, glasses,

cups, spoons, etc.). (c) Efficient organization, providing for the gathering of facts regarding cases and mortality, and preparing "pin maps" both of cases of illness and of deaths; studying the collected data, requiring notification by physicians, sending sanitary inspectors to follow up the cases reported, making a house-to-house inspection of the entire city. (d) Careful instruction of the general public, of teachers in schools, of foremen in factories, of superintendents of large department stores, of theatrical managers, etc., in nose and mouth hygiene by means of bulletins, pamphlets and popularly written literature. (e) Prompt destruction of all infectious matter; warning against a careless disposal of nasal discharges.

Equally important administrative control measures to be taken at the first outbreak of an epidemic are: the isolation of the sick, the provision of a sufficient number of hospital beds; the avoidance of crowded gatherings, and the efficient warming (in winter) and ventilation of homes, offices, stores, workshops and means of communication.

These are general considerations which are necessary before the more specific measures which have to be taken when an outbreak does occur.

The Nick in the Axe.

Walter Smith went to the woodpile to do his part in keeping up the supply of wood for the kitchen stove. It was a clear, frosty morning; the snow was glistening; the ice on the pond was smooth and inviting, and Walter's skates had been recently sharpened. He picked up the axe and swung it quickly and impatiently down on a stout beech block. Out from the edge of the steel flew a small fragment.

Walter looked at the nick in dismay. He had neglected to warm the axe and thus take out the frost; zero weather makes steel brittle. Walter knew that his father would not tolerate a nicked axe round the place; so, being an honest boy, he took it to him at once.

"That is too bad, Walter," said Mr. Smith patiently. "You turn the grindstone, and I'll hold the axe."

Hour after hour Walter turned away at the stone; all the morning he and his father worked and again after dinner. Boys passed with their skates on their way to the pond, but Walter had to grind on. The steel was hard, and at night the nick still showed. And the next morning, though his arms and shoulders ached, he had to turn the grindstone again. Finally about noon the axe was in good shape.

"There, that's done," said the father. "Impatience doesn't pay, does it, Walter? What we have to do we should do right and in good spirit. If we do it in any other way, something and sometimes some one gets hurt. That hasty blow has delayed you in your wood cutting and has made a lot of extra hard work besides, without considering that it has spoiled a day and a half for me. No wonder the Apostle tells us to add self-control and patience to faith and courage and knowledge. But, my boy, you are lucky you could grind out the result of your impatient act. A rash word or deed might knock a nick out of your teacher's respect for you or out of a valued friendship or out of some other noble relationship in life that could not be so easily mended."

It was a lesson that Walter never forgot. In after years when his impatient spirit seemed likely to gain control over him he remembered that weary day and a half spent grinding out the nick in the axe.

His Foolish Things.

"Yes," said Boggs unthinkingly, "I can remember events of long ago as if they happened but yesterday. When I think of my boyhood days—of my escapades at school—of many of my youthful and later actions, and how I got married—I can't help smiling and thinking how many foolish things I've done."

And Boggs wondered why his wife treated him coolly after the visitors had gone.

You and To-day.

With every rising of the sun
Think of your life as just begun.

The past has shrived and buried deep
All yesterdays—there let them sleep;

Nor seek to summon back one ghost
Of that innumerable host.

Concern yourself with but to-day,
Woo it and teach it to obey.

Your wish and will. Since time began
To-day has been the friend of man.

But in his blindness and his sorrow
He looks to yesterday and to-morrow.

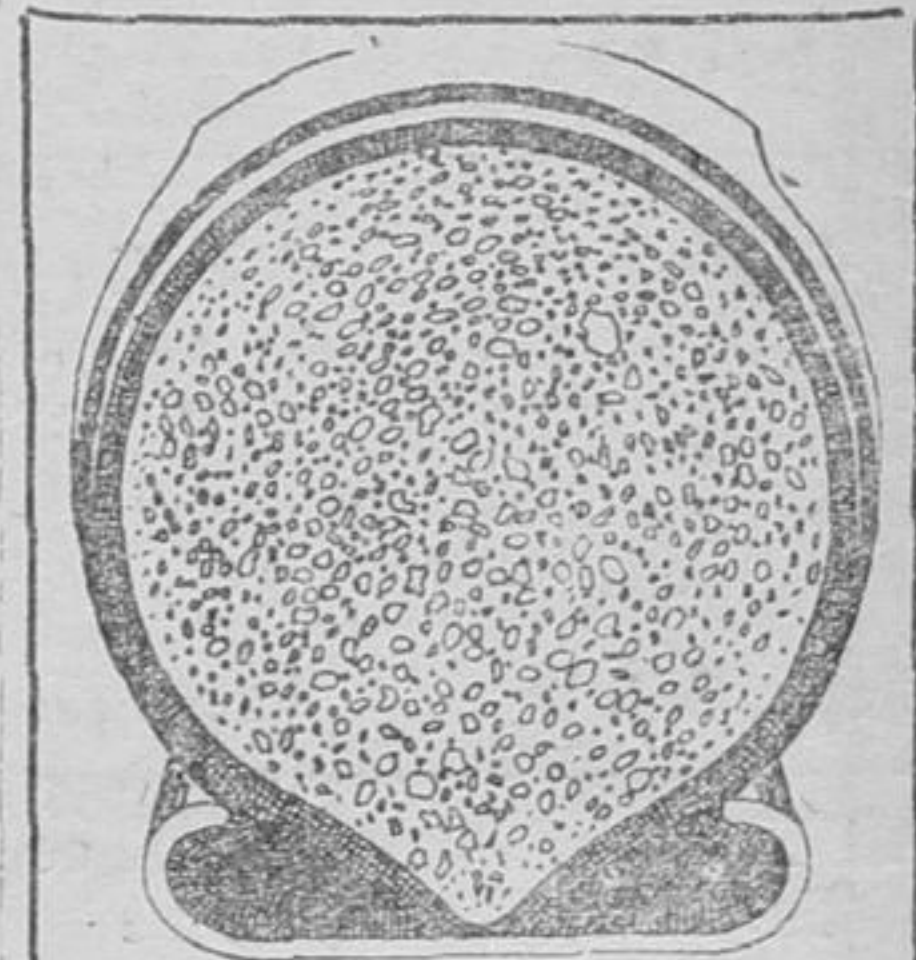
You and to-day! a soul sublime,
And the great pregnant hour of time.

With God between to bind the train,
Go forth, I say; attain; attain.

A Friend in Need.

Reserve a small box of corks, because a cork is one of the handiest things to have around and yet usually the hardest to find.

Better April showers than the breadth of the ocean in gold—Proverbs of Ireland.



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