

MAGAZINE GUARDIAN

SCHOOL AND HOME

HOUSEHOLD NOTES

Woolen yarn for darning should be shrunken before using.

If you have a cow that merely pays for her keep, sell her.

Geese less than a year and half old should never be plucked.

Celery gives an additional zest to almost any sandwich filling.

Never leave an electric iron alone while the current is turned on.

A little fuel put on often is the best recipe for a clean coal fire.

Save all lemon rind, dry it in the oven and store it in airtight tins.

Mushrooms catsup lends a delicious flavor to some soups.

Raisin bread is an excellent substitute for cake in children's lunches.

To avoid sweeping in a sickroom wipe up the floor with a damp cloth.

Watch the workers in your household for loss of time—time is money.

In mixing flour and shortening for pastry use as little water as possible.

A few grapes give apple jelly a beautiful color and an appetizing flavor.

Orange peel added to grape jam makes the jam decidedly more interesting.

The most important thing about taking care of a range is keeping it clean.

Silk stockings will last much longer if washed each time they are worn.

WASH THE HANDS CAREFULLY

In the care of the hands it is necessary to remember that the too frequent use of water and of drying soaps extract the natural oil from the skin, coarsen and harden the skin, and excite the surface blood-vessels into undue activity.

The result is either an excessive dryness of the skin or the reverse, a roughness of the surface, and the reddened, bad color so often seen in those who work hard with their hands.

A common mistake people make is that though they wash their hands far too often, they do not wash them sufficiently.

If they were only thoroughly washed once a day, a little attention in the interval would keep them cleaner with less injurious results.

Thorough washing of the hands means, first of all, time; then warm soft water with soap.

Keep the hands near at hand with which to keep up the temperature, and to keep soap which suits the individual skin. Ten minutes should be given up to the process.

The water should be soft, for hard water is bad for skin color and texture, and, too, it makes the cleansing more difficult.

Only hard water can be had, it should be boiled before using. Wash the hands thoroughly, working the soap into a thick cream on them and rubbing this well.

When rinsed off, it will change the water into a soft, soapy lather, and in this the hands should be soaked for some minutes.

The addition of hot water to keep the hands warm is essential. Then give the hands a thorough wash in the warm soapy water, using more soap to form a cream on them.

Then rinse them thoroughly in cold water, if possible holding them in running water from a tap, and dry with a fairly coarse towel with enough friction to make them glow.

THE RAISIN AND ITS FOOD VALUE

A common enough, yet little used, article of food that is worth many times its weight in food value, is the raisin.

They are, indeed, the very best of them, considering their calorific value. Thanks to the chemists are due for the calculating for us the raisin's calorific value in comparison with such standard foods as beefsteak.

Their feeding speaks with weight in favor of the raisin, when they show that the food value in one pound of raisins is more than double that of one pound of

eggs and about one-third more than that contained in one pound of beefsteak.

The grape, it is worth noting, has always been extolled and its old-time virtues and merits survive in our raisins of today.

Raisins are rich in protein, phosphorus and iron in the best possible form to be easily assimilated by human system.

The raisin is more than three-fourths carbohydrate and contains the bulk of its sugar content in the form of fructose and levulose.

Then the protein of the fruit is important, while its acid qualities spur on digestion and help assimilate the appetite being piqued by the agreeable favors to food prepared with raisins.

Then if we had exhausted the virtues of the raisin, still it would be deserving of a large place on the humblest board for it has other valuable properties.

Of all the dried fruits none are so rich in mineral matter, a natural constituent our bodies cannot do without.

The quantity of organic iron contained in raisins is surpassed by no other fruit or vegetable.

Besides iron, raisins contain small quantities of such minerals as sodium, phosphorus, sulphur, potassium and calcium.

Raisins are produced from fine delicate, delicious, thin skinned grapes, grown on the Pacific Coast, where they mature nicely.

They are then dried in the sun and by artificial heat.

There are three kinds: Seedless raisins (grown without seeds).

Seeded raisins (seeds removed.) Clustered raisins (on the stems.)

There are so many uses to which the raisin will lend itself that it would be superfluous to give recipes in the kitchen of stewed, dried apples make a dish, in our estimation, literally kingly.

In coffee cake we couldn't do without raisins. A handful of raisins put into the dinner pail of either child or adult is a real find.

Raisins stewed gently in plenty of water and the juice poured off and sweetened and cooled, provide a finer drink for feverish patients than that made with prunes.

Fondant, flavored with a little wistara and pressed about a seedless raisin, makes a delightful confection.

Stewed prunes and raisins together are an improvement over either, singly.

Raisins in boiled rice and puddings add much to the food value of the rice.

Raisins added to the filling for cake give richness and flavor all their own.

Raisins chopped, are frequently added to the various salads we serve in our home.

A handful of good seedless raisins, added to the pot of beef soup and a cup of cold, cooled, raisins stewed gently in plenty of water and the juice poured off and sweetened and cooled, provide a finer drink for feverish patients than that made with prunes.

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YOUTHFUL IN BODY AND MIND

Never mind your age—as measured by years. How do you feel? That's the thing to count!

Men scarce in their thirties—haggard, listless, weak, nervous—men who take no interest in life, just dragging out a weary existence, all in, tired and worn out.

Though young in years, they are, nevertheless, old men. Their vital forces are on the wane. They "lose their punch" and "pep." They feel old—and they look it!

Stay young by keeping your body fit. Keep your nerves, stomach, bowels, liver, kidneys and bladder healthy.

Build up your strength and health. Nothing will accomplish these results better than

PHOSPHONOL

THE GREAT GENERAL TONIC

Just try Phosphonol when you are feeling the least bit jaded, tired and worn out. See for yourself how quickly it rejuvenates—gives you a fresh feeling of strength and vigor is given you.

Your druggist has Phosphonol. Get Phosphonol today. Look for the name on the package and accept no substitute.

The Sibley Drug Co., St. Catharines, Ont.

Sold at Foster's Drugstore.

Occupational Teachers

To teach maimed and ill civilians follows naturally after the training and experience many women have had in fitting disabled soldiers for some suitable handicraft.

In New York the National League for Women's Service has a school for volunteer occupational workers.

These workers are trained to teach in homes for the incurables and similar institutions. In one home alone are paralyzed made and sold more than one hundred netted, shopped bags within a few months.

The man or woman with only one hand a special form of knitting is possible and offers a means of amuse and material gain.

For those artistically inclined, there is clay modeling, beadwork and painting.

Attractive bead necklaces and pendants are made of self-hardening clay, decorated with water colors and shellacked. These articles are readily saleable.

Children should stay in school as long as possible because education means better jobs.

The federal children's bureau urges, "Boys and girls who go to work at the end of grammar school rarely get good jobs. The work they find to do is usually unskilled; it offers no training or chance for advancement.

When they are older they find they are still untrained for skilled work that offers a future. Education means higher wages. Many boys and girls when they leave school find work that offers a high wage for a beginner.

These wages seldom grow because a position requires no training. A position with a future and steadily increasing wages requires school training.

PALE, WAN CHEEKS A SIGN OF ANAEMIA

TO HAVE GOOD COLOR AND HEALTH THE BLOOD MUST BE KEPT RED AND PURE

Many women who had good color and bright eyes in their girlhood grow pale and colorless and lose much of their charm when they become wives and mothers. Why is it? When the fading color in the cheeks and lips is accompanied by a loss of brightness in the eyes and an increasing heaviness in the step and a tendency to tire easily, the cause is to be sought in the state of the blood.

Many causes may contribute to the condition of the blood known as anaemia. Care of the home, overwork, lack of outdoor exercise, insufficient rest and sleep, improper diet, are a few of them. The important thing is to restore the blood, to build it up so that the color will return to the cheeks and lips, brightness to the eyes, and lightness to the step. To do this, nothing can equal Dr. Williams' Pink Pills. They begin at once to increase the red corpuscles in the blood, and this new blood carries strength and health to every part of the body. The appetite improves, the system becomes perfect, energy and ambition return. Proof is given in the statement of Mrs. Alex Archambo, Cornwall, Ont., who says: "Two years ago my health began to fail. I was suffering from headaches, pains in the back and sides, and a constant tired and feeble feeling. I had used a lot of medicine, but instead of it helping me, I seemed to be growing weaker. My friends urged me to try Dr. Williams' Pink Pills, and while I felt disheartened at my experience with other medicines, I decided to try Dr. Williams' Pink Pills. They were helping me, and my continued use for a time fully restored my health. I feel that I would be ungrateful if I did not give my experience with Dr. Williams' Pink Pills, in the hope that it may point the way to health to some other poor sufferer."

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

WOMAN'S BEST AGE IS FORTY.

Women themselves probably are under the delusion that their best age is something under 25 and something over 18. At any rate they are supposed to resent all birthdays after 30, and are occasionally charged with working backward and growing older in looks and younger in years.

But no woman who knows how to put on her clothes, who reads and thinks, who develops all her best qualities, need worry at passing into the thirties, for at 40 a woman is at her very best, physically and mentally. She is at the zenith of her beauty, and if she has cultivated her intelligence she is at the zenith of her mentality also.

Very few men of any note find the same pleasure in the society they find in a mature woman of a young, undeveloped girl which 40. At that age such a woman is

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RHYMING GRAMMER

Three little words we often see. Are Articles—a, an, and the. A Noun's name of anything, As school, or garden, hoop or swing. Adjectives tell the kind of Noun; As great, small, pretty, white or brown.

Instead of Nouns the Pronouns stand. John's head, his face, my arm, your hand.

Verbs tell of something being done; To read, write, count, sing, jump or run.

How things are done the Adverbs tell. As slowly, quickly, ill or well.

Conjunctions join the words together; As men and children wind or wear.

A Preposition stands before a Noun; As in or through a door. The Interjection shows surprise; As Oh! how pretty! Ah! how wise. The whole are called Nine Parts of Speech.

Which reading, writing, speaking teach. —School Bulletin.

FARM

POTATO DISEASES

In treating potatoes for Rhizoctonia and Common Scab, Powdery Scab, Silver Scurf, Before cutting the potatoes soak them in a solution of Corrosive Sublimite 4oz in 30 gallons of water for one hour. N. B.—This is deadly poison.

In case of Wilt, Black Leg and Late Blight, Browning, Sprain or any internal discolorations of potatoes, Discard all and every tub or showing internal discoloration. Since the knife used may convey bacterial material to the next tub, keep a jar of some of the solution given above. When a diseased potato is cut, drop the knife you are using into the jar and use the other one for the next potato.

Oats, Wheat and Barley

In treating oats, wheat and barley for covered and naked smuts the following is a new method which has met with great success and is highly recommended.—One pound of formalin in 9 gallons of water. One quart of this solution with each bushel of grain. Thoroughly mix it with the grain and cover with sacks for four hours. It can then be put into sacks and sealed twelve hours later. No drying of the grain is necessary.

For loose smuts of oats.—Soak the grain in cold water for 4 to 6 hours, then dip into for 10 minutes and dry.

The method recommended in the case of stripe disease of barley is to select a part of the field free from the disease, harvest and thresh this portion separately and use seed.

Peas and Beans.

To make sure of seed of peas and beans being free from anthracnose and pod spot carefully select pods which are free from blemish and use seed from these pods.

Wilt in Flax.

The treatment for wilt in flax is as follows:—1 lb of formalin in 40 gallons of water. One half gallon sufficient for one bushel of seed. Spray the solution on the seed and shovel it over until the entire surface is damp. Rake it over frequently to assist drying. N. B. Do not pour the solution on the seed, instead of spraying it, for the seed then becomes matted into lumps.

The annual losses in Canada from seed-borne disease amount to many millions of dollars, and the small amount of money and work entailed in the above precautionary measures will be amply repaid in yields which are larger and of better quality. Freedom from disease by selection of treatment of seed seed often has a greater influence on ultimate success of the crop than methods of cultivation and manuring, and neglect to pay proper attention to these points may mean the care, labor, and money expended on cultivation and manuring.

For further information or advice on this subject, apply to the Division of Botany, Central Experimental Farm, Ottawa, or to the nearest Dominion Laboratory of Plant Pathology, Experimental Farm Note.

BEWARE OF THE BULL

The gentle bull has as many victims as the gun that isn't loaded. It's the gentle bull that causes the trouble in most cases. Because the victims thought the bulls gentle, they took no precautions, which leads us to say: Never trust a gentle bull! Who does so flirts with trouble.

Bulls, like cold-storage eggs, should always be considered "bad," a friend wisely said to us the other day. Warning about vicious bulls is seldom necessary, for nobody trusts them.