

MAGAZINE GUARDIAN

SCHOOL AND HOME

CARE OF THE HAIR IN WINTER

It is not a generally known fact that hair needs different treatment in winter than in summer...

For cold weather apply some mixture containing good oils, and brush the hair frequently and thoroughly...

So many women complain that their hair seems to fall out only in the winter, that it is surprising they do not realize that the cold weather has something to do with it...

Perhaps some may hesitate about going to this trouble, but nothing turns hair grey so speedily as continued dryness due to absence of nourishing oils.

EVERY NURSE SHOULD KNOW

That the nervous patient should have eight or nine hours of sleep. That sleep will be slow in coming if the sick person is allowed to have company just before bedtime or listens to exciting reading...

That a patient should never save steps when attending to a patient who is capricious. A small portion often tempts where a larger one nauseates.

That a sick room should never be made a thoroughfare or the gathering place of the family. That sponging with alcohol and water will reduce fever several degrees.

That, if possible, a patient should be induced to give up tea and coffee during convalescence. The best condition they are apt to induce nervousness and sleeplessness.

That having a patient hold her breath will often prevent a spasm of coughing.

That persons subject to rheumatism or weak heart should not take baths that are ice cold.

OATMEAL RECIPES

Oatmeal Macaroni—Cream together 1 tablespoonful butter, 1 cup of brown sugar, 2 eggs, 1 teaspoonful vanilla, 2 large cups of rolled oats in which is mixed 1/2 a teaspoonful of soda, 1 teaspoonful cream of tartar. Bake in greasing. If not wet enough add a drop of milk, also a pinch of salt.

Oatmeal Cookies—Three cups of oatmeal, 2 cups flour, 1 cup of shortening, 1 cup of brown sugar, 1/2 teaspoonful soda, pinch of salt, sour milk to wet.

Childhood Constipation

Constipation—that disordered state of the digestive tract which is nearly always caused by improper feeding—can be readily regulated by the use of Baby's Own Tablets.

KEEP HEALTHY DURING WINTER

COLDS AND DISEASES MAY BE AVOIDED IF BLOOD IS KEPT PURE

Do not let your blood get thin this winter. For people who have tendency towards anaemia, or bloodlessness, winter is a trying season. Lack of exercise and fresh air, and the more restricted diet...

Water affords only temporary relief for the hair and frequently does more harm than good as it increases the stiffness of the hair when it dries out.

For cold weather apply some mixture containing good oils, and brush the hair frequently and thoroughly. The oil will neutralize the dry condition about the roots and scalp, make the hair easier to handle and cause it to stay in place.

So many women complain that their hair seems to fall out only in the winter, that it is surprising they do not realize that the cold weather has something to do with it. If your hair is coming away in the comb during the cold months you may be sure you have neglected it so much that continued dryness has caused this condition.

QUICK GINGERBREAD

1 cupful molasses, 1 level teaspoonful baking soda, 2 tablespoonfuls boiling water, 1/2 cupful thick sour cream, 1/2 cupful brown sugar, scant, 1 1/2 cups flour, 1/2 cupful sugar, 2 level teaspoonfuls ginger, 1 level teaspoonful salt.

Time: Preparations, 10 minutes; baking, 30 minutes. Number served: 6 persons.

Storage of Ice. Where the materials are available it is a very simple matter to store enough ice to provide a great deal of comfort and convenience during the summer months.

It is interesting and instructive to compare the digestive system of the horse with that of the cow. The horse has a very small and complicated intestinal tract. The result is a predominance of intestinal trouble, for the bulk of the food

Hurrah! How's This Cincinnati authority says corns dry up and lift out with fingers.

Hospital records show that every time you cut a corn you invite lockjaw or blood poison, which is needless, says a Cincinnati authority, who tells you that a quarter ounce of a drug called freezeone can be obtained at little cost from the drug store but is sufficient to rid one's feet of every hard or soft corn or callus.

MUSKRATS IN THE LUXURY CLASS

The peltian muskrat is coming into its own. Before the war, rat skins could be obtained from the trapper at from 20 to 30 cents each. "Fur Farming in Canada," published by the Commission of Conservation in 1914, quotes autumn muskrat skins in Eastern Canada at 25 cents for large skins and 15 cents for small. Today, autumn muskrat skins are bringing in Quebec from \$3.25 each for current collections to \$4.50 each for the best rat skins.

Conquers pain—never fails. Rub soothing, penetrating "St. Jacobs Liniment" right on the aches and pains and out comes the neuralgia misery.

IF YOUR EARS RING WITH HEAD NOISES

If you have roaring, buzzing noises in your ears, are getting hard of hearing and feel dizzy, take Cascades. Your doctor will give you one ounce of Cascades (double strength), and add to it 1/2 pint of hot water, and a little granulated sugar. Take 1 or 2 tablespoonful four times a day.

LOST FOREVER! A WHOLE DAY!

Salts, Oil, Calomel and Gripping Pills Shake Up and Sicken You—Take "Cascades" instead. Enjoy life! Straighten up! Your system is filled with liver and bowels which keeps your system slow, your stomach upset, your head dull and aching. Your meals are turning into poison and you can't feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascades occasionally when they act without gripping or incontinence. They never sicken you!

FARM

COWS NEED REST BEFORE REFRESHING.

Practically all observing dairy-men agree that it is most profitable to give the dairy cow a rest between lactation periods, and experience has shown that she will produce more milk annually than if milked continuously. Heavy milk production is a severe tax upon an animal. The production of 8,000 or 10,000 pounds of milk is a tremendous strain upon a cow, and the individual that can stand up under such heavy work without a rest between periods is, truly, a remarkable animal; however, sooner or later, she will break down under the strain.

On the other hand, it is a well-known fact that a cow that has been dry for a reasonable length of time will start her next lactation period with a higher production than the cow that has been milked right through to calving time. How long should a cow be dry? That is a question on which dairy-men do not all agree. Some claim that four weeks is sufficient time, others say from six to eight weeks, and the nearer the latter the better. Of course that will depend to a large extent upon the cow and the amount of milk she is giving. Some cows will not milk more than ten months of the year, no matter how well they are cared for; but others will milk right up to the freshening time, and often more or less difficulty is experienced in drying them off. However, the consensus of opinion seems to be in favor of giving the cow a rest of two months each year. That will enable her to store up flesh and start the new year in the best of condition. Some cows, if they are highly fed, may appear to put on an excessive amount of flesh; but if the cow is a dairy animal that will do her no harm. She will milk that into the milk, and slowly, but steadily, that excess fat will go back to the cow in the form of milk. No healthy cow becomes thin without her owner receiving some immediate return for that decline in flesh, either in the form of milk, butter, or a saving in feed. When a cow loses flesh she does so for one or two reasons: first, because she is producing beyond her capacity, or, secondly, because her feed allowance is either insufficient or not properly balanced. In the first place, her owner stands immediately gain as a result of her extra production, and, in the second case, she stands immediate gain by a saving in feed, although in that regard she generally loses out in the end. The cow that is fed spasmodically seldom produces the maximum yearly production she is possible of doing, and her feed bill is generally larger than if a steady gain had been maintained.

WINTERING THE IDLE HORSES

By B. C. Tillett.

This is the season of many troubles with horses who are not given proper attention is given to them, be avoided. They are usually of a digestive nature, due to incorrect or poor food. It seems a simple thing to feed a horse, and it is perhaps because of this that so many mistakes are made. We are so accustomed to giving the horse his daily rations and do it mechanically that little or no attention is paid to the effect the food is having upon him.

Avoid Extremes

No other farm animal is more strongly the creature of habit than the horse, and in no way is he more so than in matters relating to food and its method of administration. Sudden changes in quantity or variety should be avoided. An abrupt change from old hay or oats to a new variety is quite often followed by diarrhoea and consequent colic. Wilted or frozen grasses are dangerous. Ensilage, roots and apples should be given in small quantities at first, and gradually increased as the animal becomes used to them.

It is a mistake to keep the animal's manger full of hay at all times, as the horse gorges himself, a starting colic, labored breathing, heaves, etc., being the least serious symptoms of the most noticeable results. There should be definite limited allowance of hay for each horse, and the most should be given at night. More horses are injured by feeding too much hay than by too little.

The horse should be watered frequently, but not when warm or in a state of exhaustion. A little care in this respect, particularly with an overheated horse, may save the animal. Exercise is necessary to the maintenance of health, especially in the care of idle or young horses. They should have a loose yard in which to move around for at least four to six hours every day.

A common practice observed far too frequently on farms and one that causes untold disaster, is to take a horse or colt from the pastures and start it suddenly to hard work and hard feed. Consider yourself, after a period of inactivity, undertaking hard work suddenly. What the result? You are soon played out and are very stiff for a few days, but in a week or ten days you can work with satisfaction. The same conditions apply to the horse. Work him slowly a few hours a day for a week or so, and you will find it pays.

The Organs of Digestion.

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Sage Tea Darkens Hair to Any Shade

DON'T STAY GRAY! HERE'S AN OLD-TIME RECIPE THAT ANYBODY CAN APPLY

The use of Sage and Sulphur for restoring faded gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair looked as that dull faded or streaked appearance, this simple mixture was applied with wonderful effect.

CARE OF THE RAM AND EWES WHILE BREEDING

Next to the lambing season, the care of the flock during the mating season is of first importance, if the best results are being sought after, and we can surely assume that everyone is anxious for best results. The importance of flushing the ewes at mating time, and for short time previous, has been emphasized for many years. Last any one should wonder what is meant by flushing we might say it is a thriving condition, brought about by changing the flock (after they have been dried up) into a fresh pasture, preferably of rape, turnips, or clover, where they will, at once, show improvement. It is under such conditions that the largest increase in lambs can be expected. It is well worth our while to pay more attention to this matter, which is a very small one, if looked after in proper season. The person who prefers to mate his flock late in the fall in order to have warm sunshine and green grass (and incidentally plenty of water) for the ewes may, in some seasons, be against winter conditions, where pasture such as I have described would not fill the whole bill, yet even under those conditions it is very necessary to put the flock into the best of form, both before and after the winter. Then in case of late mating, winter has set in proper, and the fields are clothed with snow, making pasturing conditions impossible some of the choicest clover hay, with a few turnips added, should be fed the flock during the winter to guarantee a normal increase, providing the sires used are what they ought to be, an dthen are well cared for. The only argument against breeding the commercial flock late is the fact that the ewes are not so sure as they are in the spring, and are suddenly changed over from pasture to second grade dry fodder, where they commence to lose flesh.

While being mated, when they are thriving, the selection and care of the rams or sires is also of very great importance. Altogether too many inferior rams (both grade and pure bred) are being used. In this advanced stage there should be a decided stank against the use of the inferior sire, and to this end the new policy of the Dominion Dept. of Agriculture should be heartily taken advantage of. This policy, as we understand it, is, briefly: Any farmer who has never owned or used a pure-bred ram, and has now purchased one for the first time, can get \$10.00 from the above Department to assist him to pay for the ram. This will practically put his ram at the price of a grade, and his hand crop should be a decided improvement, if his selection is a good one. Having secured a ram, his care is the next consideration. He must be well fed (but not overfed) to give the best results as a producer of strong, vigorous lambs. More the ram should be kept in the flock, where the flock can be turned in with him either by night or by day. The ram will not wear himself out to the same extent as a light gain ration will greatly assist to keep him vigorous, and a good percentage of lambs should be the result.—R. H. H.

The good dairy farmer will feed his land as well as his cows. Home grown feeds, especially silage, help the profit side of the ledger.

Rub Neuralgia Pain Away, Don't Suffer

INSTANT RELIEF! RUB NERVE TORTURE, PAIN AND MISERY RIGHT OUT WITH "ST. JACOBS LINIMENT" Conquers pain—never fails. Rub soothing, penetrating "St. Jacobs Liniment" right on the aches and pains and out comes the neuralgia misery. Here's a joyful experiment! Try it! Get a small trial bottle from your druggist; pour a little in your hand and rub it gently on the sore, aching nerves, and before you realize it—a moment—your pain and neuralgia disappear. It's almost magical, but the joy is, that the misery doesn't come back. No! The nerves are soothed and congestion is relieved and your neuralgia is overcome. Stop suffering! It's needless—neuralgia and pain of all kinds, either in the face, head limbs or any part of the body, is instantly banished. "St. Jacobs Liniment" is perfectly harmless and doesn't burn or discolor the skin. In use for half a century.

Don't Be Without Sloan's Liment

KEEP IT HANDY—IT KNOWS NO EQUAL IN RELIEVING PAINS AND ACHE S Sloan's Liment has been sold for 38 years. Today it is more popular than ever. There can be but one answer—it produces results. Applied without rubbing, it penetrates to the afflicted part, bringing relief from rheumatic twinges, sciatica, sore, stiff, strained muscles, lame back, and other exterior pains, and sprains and the result of exposure. It leaves no mussiness, stain, clogged pores. Get a large bottle for greater economy. Keep it handy for use when needed. Your druggist has it. Three sizes—35c, 70c, \$1.40

Sloans Liment Keep it handy

TURF NOTES ON SCUTCHING FLAX.

(Experimental Farms Note.) Now that winter is approaching and as far as flax is concerned, most outdoor work including retting and drying will naturally cease and our attention will, therefore, be directed to the manufacturing end of the work.

The primary process of all, in manufacturing flax straw into the different commercial commodities, is the removal of the fibre from the straw.

In order to facilitate this removal of fibre from the straw that retting is necessary. There are several new methods of removing this fibre from the straw now in the process of being developed, but for the present, the methods in general use in Canada are the two old and reliable ones of water retting and dew retting, and it is with these two methods that scutching as we know it here is mainly concerned.

Flax after having been de-seeded is stored or stacked until an opportunity for retting is available. After retting and drying it should be as possible built in stacks, as the more weight is put on flax between retting and scutching the better will be the yield in both quality and quantity of the fibre.

In connection with scutching the first process the flax is treated to a not scutching proper but breaking, this being affected by passing the flax through metal rollers, the object being to so bruise the woody part of the stem, as to remove as much as possible of the shive, before the fibre goes to the scutching knives at all.

Like all other work the more carefully flax is handled from the very beginning the better will be the results, and slovenly breaking, will make good and tidy scutching an impossibility and in addition will waste the fibre.

One careful man at the rollers or breakers can easily break enough flax to keep six men busy, and by holding the flax with both hands and taking care that the butts of the stems are even, he can pass it through the breakers, in such a manner that it will come out of them evenly and so it will be easy for the scutchers to keep it even.

The flax is now ready for the scutchers, who are usually arranged to work in pairs, a learner who is generally called "the buffer" and the finished workman, who is called "the cleaner." The buffer takes a handful of flax from the breaking machine, partly scutches it in the recognized manner, takes another handful and does the same. These two handfuls are then passed to the cleaner who puts them together making one handful and finishes cleaning it. This cleaned handful is generally called a strike of flax.

The method of scutching is to take a handful of the broken straw, flax over a wooden or iron stock, close to which wooden rotating blades are travelling at high velocity. These blades strike the flax straw, and remove the shive or woody part, leaving the cleaned fibre in the scutchers hands. This is where the good and careful scutcher shows his value, as if a man either has not his handful of flax even, or if he holds it too loosely, the striking of the blades on the flax is apt to cause a considerable quantity of the fibre to be torn from the hands of the

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She Thought Dyeing Was Old Fashioned BUT "DIAMOND DYES" MADE HER FADED, SHABBY, OLD GARMENTS LIKE NEW Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, tea gowns, draperies, coverings. The Direction Book with each package tells so plainly how to dye and over any color that you can not make a mistake. To match any material, have druggist show you "Diamond Dye" Color Card.

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Gets Instant Relief After Four Years

TORTURED WOMAN T DODD'S KIDNEY PILLS

Kidney Disease and Insomnia Made Her a Nervous Wreck (She Used Dodd's Kidney Pills) Dunvegan, Inverness Co., N. Jan. 30.—(Special)—Women who are dragging wearied limbs around weighed down with a suffering of tiredness that can find no rest, find sunshine and hope in the message Catherine McPherson of the place sends to them. "I have just used one box of Dodd's Kidney Pills," Miss McPherson states, "but they did wonderful good for me."

For nearly four years kidney disease tortured me. It finally developed into diabetes. I became a nervous wreck and insomnia was added to my troubles. I was so weak and tired and irritable that every trifling accident to my discomfort.

"Dodd's Kidney Pills gave me instant relief. They are a wonderful medicine. I shall recommend them to all my friends."

"Dodd's Kidney Pills are pure a kidney remedy. They put the kidneys in shape to strain all the impurities out of the blood. They why they bring health and rest and sleep in their train."

consume food that would otherwise be wasted. They eat most of the common weeds and, in eating them, grind the seeds so thoroughly that they will not grow. Second: Economy of housing and management. Cheap things are satisfactory as shelter. Sheep require no protection from snow, rain, and wind. In Canada, they are subject to disease and require but little attention except at lambing time, which makes the labour problem in this enterprise a minor consideration.

Third: A small investment only is necessary to get a start in the sheep business. Good vigorous grade ewes should be obtained in a pure-bred ram used. The price need not be a show animal (or should be of good size, strong vigorous).—F. C. Sunkin.

BE CAREFUL

Have your flues examined and made safe. Have your electric wiring and gas pipes examined and made safe. Have all rubbish removed from within and around your premises.

Teach yourself and children the danger of fire. Use safety matches. Keep your premises clean. Tell your neighbour to do the same.

Have an extinguisher or bucket of water, for fire purposes only, always handy. Keep the gasoline you have in use in a self-closing metal can, and use it out of doors only.

Keep matches in a metal box. Watch the careless smoker at work. Do not allow him to impose on you. Call the Chief of Fire Department or local inspector when in doubt. (His know.)

Help the Fire Department to fight your fire before it starts.

She Thought Dyeing Was Old Fashioned BUT "DIAMOND DYES" MADE HER FADED, SHABBY, OLD GARMENTS LIKE NEW Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, tea gowns, draperies, coverings. The Direction Book with each package tells so plainly how to dye and over any color that you can not make a mistake. To match any material, have druggist show you "Diamond Dye" Color Card.

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