

Facts about House Flies

House flies are now recognised as most serious carriers of the germs of certain diseases such as typhoid fever, tuberculosis, infantile diarrhoea, etc. They infect themselves in filth and decaying substances, and by carrying the germs on their legs and bodies they pollute food, especially milk, with the germs of these and other diseases and of decay. No fly is free from germs. The best method is to prevent their breeding.

House flies breed in decaying or decomposing vegetable and animal matter and excrement. They breed chiefly in stable refuse. In cities this should be stored in dark fly-proof chambers or receptacles, and it should be regularly removed within six days in the summer. Farmyard manure should be regularly removed within the same time and either spread on the fields or stored at a distance of not less than a quarter of a mile, the further the better, from a house or dwelling.

House flies breed in such decaying and fermenting matter as kitchen refuse and garbage. Garbage receptacles should be kept tightly covered. All such refuse should be burnt or buried within a few days, but at once if possible. No refuse should be left exposed. If it cannot be disposed of at once it should be sprinkled with chloride of lime.

FLIES IN HOUSES

Windows and doors should be properly screened, especially those of the dining-room and kitchen. Milk and

other food should be screened in the summer by covering it with muslin; fruit should be covered also. Where they are used, especially in public places as hotels, etc., spittoons should be kept clean, as there is very great danger of flies carrying the germs of consumption from unclean spittoons. Flies should not be allowed to have access to the sick room, especially in the case of infectious disease.

The face of babies should be carefully screened with muslin. Flies may be killed by means of a weak solution of formalin or formaldehyde exposed in saucers in the rooms. This is made by adding a tablespoonful of formaldehyde to a pint of water. The burning of pyrethrum in a room is also effective.

House flies indicate the presence of filth in the neighborhood or insanitary conditions.—Entomological Division, C. E. F., Ottawa.

Worth Knowing

A small scrubbing brush is the finest thing for washing vegetables you ever tried.

When canned food is emptied from a can, if the inside of a can is corroded the contents should be thrown away.

When mashing potatoes always use hot milk or cream, never cold. They will taste better, keep hotter, and will heat up lighter.

People who cook should never leave pins or needles on the front of their waists, as they are liable to fall in the mixture and cause trouble. Quite

recently, in a case of appendicitis, a pin was found in the appendix.

Remember that the plants in your window need moisture and fresh air more than heat. Cover them with a light cloth when sleeping. On mild, rainy days set them out of doors for a bath.

'Tis an easy way to wash more than sunshine to plant shut-ins.

Never put a deep border on a low ceiling room. It is really better not to have any at all. A flowered or trellis effect will do much to give height. If two small rooms are put together it is better to paper and carpet alike, giving the effect of one room.

The Road to Grumbletown

'Tis quite a straight and easy road That leads to Grumbletown, And those who wish can always find A chance to journey down.

To choose a rainy day. When the weather's fine one's not so apt To care to go that way.

Just keep down Preful Lane until You come to Sulky Stile, Where travellers often like to rest In silence for a while.

And then cross over Pouting Bridge, Where Don't Care Brook flows down. And just a little way beyond You come to Grumbletown.

From what I learn, this Grumbletown Is not a pleasant place; One never hears a cheerful word, Or sees a smiling face.

Bleeding and How to Stop it

Many a mother has had a terrible fright by a child running in with its clothes, hands, and face all smeared with blood. It is astonishing what a mess a child will manage to make with a little blood. You will find, most probably, when you have washed it with cold water that the amount of injury is a mere trifle. It is difficult to stop the bleeding, a most valuable remedy is the common whitening or pipe clay.

Put a thick covering of either of these on the wound, then a bit of dry lint, and press it closely for a few minutes. Let what sticks to the wound remain there, and cover with a bit of plaster.

Bleeding from the nose, unless it goes too far, need not alarm you; may, in many cases it may prevent anything much more serious; but when it requires to be stopped, let the child sit upright, bathe the neck and face with cold water, and squirt it up the nostrils. If this does not succeed send for the doctor.

Forget

Forget each kindness that you do As soon as you have done it; Forget the praise that falls to you The moment you have won it.

Before you can repeat it; Forget each alight, each spite, each sneer, Whenever you may meet it.



May be the dough had forgotten to rise.

Or had risen quickly overnight and fallen again—

To rise nevermore.

Twas weak flour, of course.

Meaning weak in gluten.

But FIVE ROSES is strong, unusually strong.

With that glutinous strength which compels it to rise to your surprised delight.

Stays risen too.

Being coherent, elastic.

And the dough feels springy under your hand.

Squeaks and cracks as you work it.

Feel the feel of a FIVE ROSES dough.

Note the wonderful smooth texture—soft—velvety.

Great is the bread born of such dough—

Your dough!

Try this good flour.

Five Roses Flour

Not Bleached



Not Blended

MADE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

Real
and Dairy for
you would like,
dress, Pattern



OVER BLOUSE W
SLEEVES IN

TO BE WORN OVER
Such a simple over-
will be greatly in
the entire season. It
or without a guimpe
all seasonable mater-
made in two pieces
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terial is used, it is
chevron effect. The
the lower edge of t
collar finishes the ne
The quantity of ma-
the medium size is
4 inches wide, or 1 1/2
for the trimming.
This pattern, is cut
and 4 inch bust mea-



SIX GORED SI
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variety of materials,
to be commended for
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and the like. The sk
gored and the closing
at the left of the back
the front.

The quantity of mat-
the medium size is 5 1/2
wide, 5 1/2 yards 36 or 42
wide.

This pattern, is cut in
36 and 42 inch waist

Sewing Room

TO KEEP THREAD F
Always thread a
breaking thread from
thread will not tang
sential in making po
PROTECTION FOR
A piece of court pl
of the forefinger of t
protect it from need
sewing.

TO MAKE BUTTON
Use a new corset
buttons to children's