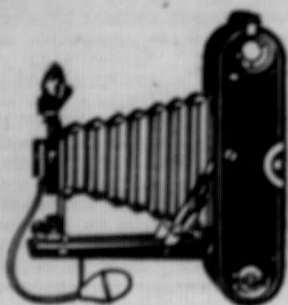


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A FATHER'S QUESTION

"I have a boy of nine. Would you advise me to place a copy of 'The Nobility of Boyhood' in his hands?"

The book "The Nobility of Boyhood" was written for parents. No parent should place this, or any other book, in the hands of their child until they have first read it themselves. The parent should always know what the child knows upon the subject of reproduction, and the parent is always the best judge of whether to place the book in the hands of the child, or whether to impart personally, or to read such sections of the book to the child as may be suited to his years, his intelligence and the nature of his questions. The error which parents universally make is in withholding honest answers to honest inquiries; they cast a mystery over everything relating to this subject and awaken curiosity which becomes both abnormal and insistent, and which usually results in the child securing—in a wrong way and in an impure form—the information which should always be imparted by the parent.

Previously we charged 75 cents for this beautiful book, but now we can send it postpaid to any reader for 50 cents. Book Dept., Grain Growers' Guide, Winnipeg.

WILL SOME ONE TELL ME?

How to make a nice birthday cake that will please children?—Mrs. M. C. C.
How to make pie crust without butter or milk? How to remove dried ink stains from wood and how to candy citron?—Mrs. D. F.
How to can mushrooms?—Mrs. B. L.

HOME HINTS

Cheap Substitutions for the Sick Room

1. A piece of stick for a poker.
2. Paper sugar bags filled with nice pieces of coal placed in coal box (a wooden box), no noise is made when replenishing the fire as the bags can be lifted bodily out and placed on the fire.
3. If a spittoon is needed get an old jam jar, fold a piece of newspaper neatly and insert it in the jar, this can be easily lifted out and a fresh piece inserted.
4. A bonnet box makes an excellent cradle to keep clothes from touching an injured limb. The bottom should be knocked out and the lid removed. A three legged stool makes another good substitute.
5. A chair makes an excellent bed rest. Place the front of the chair leaning against the head of the bed, the sloping back must be well provided with pillows, particularly at the bottom.
6. Two or three pea shooters fitted into the kettle spout make an excellent steam kettle.
7. A piece of paper placed over a linseed meal poultice after it has been applied keeps the heat from escaping too quickly.
8. To soften the glare should the room be lighted with electric light, pin a piece of paper around the globe.
9. A roller towel fastened around the bottom rail of the bed and placed within reach of the patient's hand makes a good bed pull.

Hot Sand or Bran Bags

In sickness these will be found far more pleasant than water bottles and they have the advantage of being easily shifted and tucked in wherever there is a local pain. First make the bag in flannel about eight or ten inches square. Fill it with sand or bran and sew up. Over this put a calico cover which prevents the sand from sifting out and retains the heat. Place the bag in a slow oven till it is thoroughly hot and apply at once.

To Make a Fomentation

Place a towel over a basin and lay a piece of flannel over it. Pour boiling water over it to thoroughly saturate the flannel. Let one person grip each end of the towel and wring it with the flannel inside. Shake the flannel and apply it to the skin and cover with oiled silk and a layer of cotton wool.

The Voice

A voice that soothes and charms is a woman's most useful asset.

Haven't we all heard the remark: "Her voice gets on my nerves, it is so rasping and shrill?" Most of us know exactly the kind of voice that is meant, so that if any of you become conscious that your tones are shrill and loud, and that perhaps your voice is rasping, don't lose heart and think it is too late to alter it, nor must you think that because you cannot take lessons in voice culture that you cannot teach yourself how to change a hard raucous voice into sweet well modulated tones. Every one of your defects can be cured by time and perseverance. First of all remember to pitch your voice low. Leave off speaking in a high pitched voice and choose a low pitched tone. At once you will notice an improvement in your voice and I am quite sure your friends will be delighted with the change. Of course you will always have to watch yourself and listen very carefully to your own tones or you will find yourself continuing in the high pitched voice to which you have so long been accustomed. But persevere on the low note and great will be your reward.

Deep Breathing

Next you must practice deep breathing. Remember it is hurried breathing that cuts the vibrations and imparts the rasping tones to the voice. Try not to hold the muscles of the throat taut and strained, but practice deep regular breathing, which will give you control over your tones and make them pleasant to the hearer. Notice also whether you are speaking too quickly. Nowadays girls seem almost to gabble, so hurried is their way of speaking and so voluble is their output of words. Read aloud in the privacy of your own room, and see that you pronounce each word slowly and with due allowance for each

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vowel and consonant. Don't clip your words or forget to pronounce the final consonant. And let me advise you to read aloud the finest poetry as this will help you to acquire a musical cadence, and at the same time increase your knowledge of the best literature.

A Chest Protector

If delicate lungs render protection necessary, choose one which can be washed frequently. Chamois leather, which is so often used, retains the impurities of the skin which are given off in large quantities. A vest of good Welsh flannel makes one of the best chest protectors, and, for a delicate skin, may be lined with washing silk, thin and white, which prevents irritation and adds to the warmth.

When Making Cocoa

When making cocoa put into it (when mixed) a pinch of salt and you will find a great improvement in the flavor. This also takes the watery flavor away. When tried you will not have cocoa without it.

Light Batter

All recipes given in cookery books tell you to break the egg into the flour. Very few know how very much lighter the batter is if the eggs are beaten first.

For New Lamp Glasses

If before using a lamp chimney it is laid in cold water for twenty-four hours the glass will become hardened and last much longer.

Hints for Cake Makers

Before placing a sponge cake in the oven to bake sprinkle a little fine white sugar on the top. This forms the rich brown looking crust that makes bought cakes look so tempting.

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