

The Country Homemakers

Conducted by Francis Marion Beynon

HERE AND THERE AT THE EXHIBITION

The finest thing in the whole exhibition, to my mind, was the school work, which, tho it was very similar to that described in these pages last year, never loses its fascination for me. The contribution from the very small tots was an array of quaint things cut out of paper and neatly mounted; from those of more mature years clay modelling of almost everything from a little ladle and a ladder to a lion's head with widely-extended jaws. Raffia baskets and dolls hats were the work of small feminine fingers in some of the lower grades, and exquisite needlework, including dressmaking, embroidery and fancy millinery were displayed as the work of the girls in the higher grades and in the Technical Schools. Furniture, wood carving and even engines that go were among the boys' exhibits from the Technical Schools.

The Handicraft Shop had a tastefully arranged exhibit of hand made rag and wool rugs, pieced quilts, woolen curtains, hammered brass candlesticks, hand-made pottery and lace.

One could not help regretting that the Home Economics Societies were not able to make a better showing in response to the splendid recognition given them in the prize list.

A girls' cooking class was being conducted in the manufacturers' building under the supervision of Mrs. Salisbury, with the idea, probably, of arousing a keener interest in scientific housekeeping.

In this same building one encountered the stalls of manufacturers and retail merchants, and the idle sight-seer was besieged on every hand to have a fan, to take a circular setting forth the merits of a new ironing board, to stop a minute and look into the virtues of a new kitchen cabinet or to listen to the melody of a piano. Some of these exhibits were a delight to the eye and bespoke infinite pains in their preparation.

One missed in the fruit section the usual quantities of luscious edibles that one had become accustomed to find there, as there seemed to be none but the British Columbia exhibit this year. However, this was beautiful enough to give a mere dweller on the plains a feeling of longing for the fruitful valleys which produce such tasty and delicious-looking fruit.

And of course one cannot mention the exhibition without some reference to the Bird-Man who soared up and up and up in a long, graceful spiral, who swooped and turned and flopped, who glided and slid thru the air until the birds themselves were lost in wonder at this new creature on wings. This was a part of the exhibition which could not be kept behind closed doors but which was enjoyed by the whole city from office windows and convenient roofs. Probably, compared with the feats executed in great aeroplane contests it was nothing extraordinary, but the wonder of being able to launch out into space at all is still too new to have worn off in the minds of those addicted to wondering.

FRANCIS MARION BEYNON.

A CARD OF THANKS

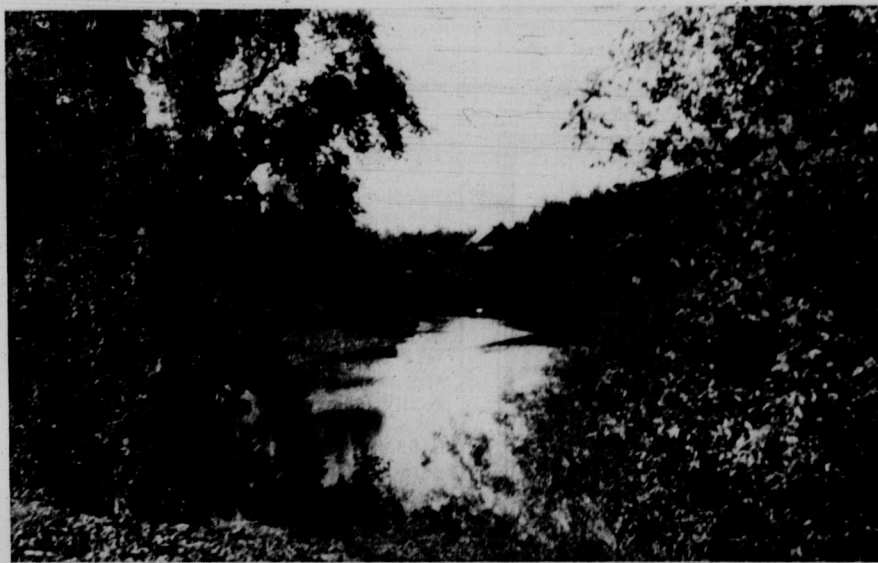
Just a note to thank Mr. W. E. Keefer for his very kind and complimentary letter concerning my editorial on "Loyalty and Political Corruption." —F.M.B.

BANISH THE BAR NO SOLUTION

Dear Miss Beynon:—A recent issue of The Guide contained quite a sharp criticism of my letter by Dumpy and American, for which I wish to thank them. I see I was misunderstood, as I did not wish to convey the impression that I had no time for politics. I do study the papers, "American," The Guide, which is supposed to be the standard farmers' paper, also a daily.

Dumpy cannot imagine a man marrying for such motives as I gave. Pardon me, Dumpy, does not the idea of a home carry with it those motives to some extent. I can imagine a man marrying for far less noble reasons than those, such, for instance, as getting the control of a few hundred dollars which the woman may happen to possess. I did not mean that a woman had to employ herself just trying to cheer up a man. Oh, no! But is it cheerful to come home and find things untidy and the wife cross and angry? The man, of course, should be cheerful and kind also, for the wife needs comfort as much as her husband, so both should combine to be as kind and patient as possible. It is their duty to do so. Dumpy must be an exception, indeed, if he would give women the vote, knowing that they would neglect the home. Just here I will say for Dumpy's benefit, I am not a cross, disagreeable man but a woman, mother of five children, and I enjoy all the pleasures of home life, also an equal right and share of all things with my husband. As for politics we always discuss anything of importance, trying always to see the best side.

Read the letter of Geo. W. Atkinson and you will get some good ideas, and it expresses very plainly what I think



A spot lovely enough to give winged feet to holidays

of suffrage. Let us learn to exercise a wise use of the privileges accorded us, then if we ever get the vote we will know what to do and how to do it. I do not agree with Dumpy on the liquor subject. To banish the bar would not do away with the temptation to drink. I have seen it tried, and it only threw more roughness into the street for the younger generation to witness. Drinking will never be abolished until liquor is no longer manufactured. I believe we will yet see the time when liquor is no more. In the meantime, to do away with the bar is a step in the right direction. Well, this letter is getting long, so will close. Wishing success to all! Yours,

BUSHWHACKER.

Your letter is so moderate, Bushwhacker, that I am sure you are a kind and reasonable woman, and I am sure that when you see how many women, not so fortunately situated as yourself, there are, who need the vote to help them, that you will be the first to turn suffragist. May I send you some literature concerning our laws?

CARE OF BABIES

Dear Miss Beynon:—As I saw Mrs. Reaville was wanting advice on feeding her baby, I thought I would write and give her my experience. In regard to constipation, never give medicine or injections unless you want to make the disease chronic. An English doctor told me that tight bands were often the cause of constipation in babies. Try

giving one feed a day of strained oatmeal gruel, and if that does not have the desired effect give a teaspoonful of orange juice or the juice from stewed fruit. I wouldn't like to give her medicine to a child. I don't like the thought of the laudanum or opium.

I have six children, from ten years to six months, and they all, except the baby, have a cupful of new milk as soon as it is strained, night and morning, and always milk at meal times. They never have tea or coffee, and I am sure you couldn't find healthier looking children. I nursed the first four, and the last two are bottle babies.

At the first sign of looseness in the bowels I give a dose of castor oil and stop all solid food. I give them lime water, barley water and the white of raw eggs, and it never failed to cure them within twelve hours. I have never given any medicine to any of my children except an occasional dose of castor oil, as I think the more you give the more they need.

If a baby is troubled with wind and vomiting after being fed, don't let it have so much at once. Always feed regularly, and stir a level teaspoonful of baking soda in a cup of cold boiled water and give a teaspoonful before nursing or add to the bottle. This was told me by an old country doctor, who

DELECTABLE DISHES

Elitzkuchen (Lightning Cake)

One cupful of butter, one cupful of powdered sugar (sifted), grated rind of half a lemon, three-quarters of a cupful of milk, two cupfuls of flour, two level teaspoonfuls of baking powder, one teaspoonful of salt, and four eggs. Cream the butter and sugar, add the lemon, keeping the eggs in separate cups; then add a little of the egg, a little of the flour (into which baking powder has been sifted) and a little of the milk until they are all used up. Beat this well and constantly while adding the ingredients. Spread half an inch deep in a shallow pan, brush the top with some beaten egg and sprinkle it well with sugar, cinnamon, and finely chopped almonds. Bake very carefully about twenty minutes in a quick oven.

Baked Fish (Russian)

One and a half to two pounds of fresh mackerel, one and a half tablespoonfuls of butter, one cupful of cracker crumbs, three cupfuls of milk, six eggs, one grated onion, six peppercorns, and one tablespoonful of sour cream. Cut the fish lengthwise, wash it and take out the bones and the meat, leaving the skin. Chop the meat finely with half a tablespoonful of butter. Put in a bowl the yolks of the eggs, the salt, to taste, onion, peppercorns, cracker dust or bread crumbs, milk, one tablespoonful of melted butter and the sour cream. Beat well, add the fish and stir in the well-beaten egg whites. Put it all in a baking dish, cover and cook it very slowly for about two hours. Serve with this baked fish caper sauce:

Caper Sauce—One tablespoonful of butter, one tablespoonful of flour, a quarter of a teaspoonful of pepper, one cupful of milk, half a teaspoonful of salt, and two tablespoonfuls of capers. Put the butter into a saucepan and when it bubbles add the flour mixed with the seasoning. Stir this until well blended, but do not let it get brown. Turn the heat low and add the milk very slowly, adding about one-third at a time. Stir constantly, until the sauce is smooth and glossy, add the capers and keep warm until used.

Venetian Eggs

One tablespoonful of butter, one tablespoonful of finely chopped onion, one pint of fresh or canned tomatoes, one tablespoonful of grated cheese, one level teaspoonful of salt, one saltspoonful of paprika, and four eggs. Put the butter into a saucepan or chafing dish, heat it; when it is hot add the onion. Cook about five minutes, but do not brown it; add the tomatoes, cover it, and when hot add the cheese, salt and paprika. Slip in four unbeaten eggs, picking up the white with a fork as it thickens. When it is coagulated, break the yolks and stir it all together. Serve on round pieces of toast. This quantity will cover six slices of toast.

Mock Venison

Use a leg of lamb or of mutton. Skin it and prepare it as follows: Mix together half a teaspoonful of allspice, half a teaspoonful of mace, half a teaspoonful of ground cloves and one saltspoonful of ground ginger. Rub the meat thoroughly with the mixture and put it in a deep dish and cover it with the following: Put four cupfuls (one quart) of vinegar into a kettle, eight cupfuls (two quarts) of water, two bay leaves, one sliced lemon, one onion sliced, ten whole peppers, one carrot, one parsnip and one celery knob sliced. Let it all come to a boil for a few minutes. When it is cold pour over the meat and let it soak for four days. It is well to turn it occasionally. Before cooking rinse it in warm water, dry it and lard it with a quarter of a pound of salt pork. Put slices of salt pork in the bottom of the pan and some on top. Put two tablespoonfuls of drippings in the pan. Place it in a hot oven and baste it frequently.

said it was non-injurious and more effective than grip water or soothing syrup.

I hope this will be of benefit to some mother, but I am a poor hand at expressing myself on paper.

MRS. L. LEWIS.

CURE FOR INFANT CONSTIPATION

Dear Miss Beynon:—The letter written by Mrs. B. Reaville in this week's Guide has tempted me to write to you, for I know I can help her if she will follow my directions. My baby girl was in the same condition as her's, and a lady who had doctored with specialists for months in Winnipeg for her boy told me what she did when the doctors gave her baby up. First give the child no sugar whatever. Get the Reindeer Brand of condensed milk and use it one teaspoon of milk to seven teaspoons of water. Use no other milk. Get a bottle of suppositories and when giving baby a bath inject one and hold her out. Do this two or three mornings and then hold her out without the injections. A twenty-five cent bottle of suppositories was all I used after giving daily water injections for about two months. My baby is thirteen months old. She is a big fat girl and has walked alone over a month. I never give her any physic whatever. I hope this will be of use to the lady making inquiries.

Yours sincerely,

MRS. E. C. FULCHER.