

The Home

Conducted by "MARY FORD"

In the effort to appreciate various forms of greatness, let us not underestimate the value of a simple, good life. Just to be good, to keep life pure from degrading elements, to make it constantly helpful in little ways to those who are touched by it, to keep one's spirit always sweet and avoid all manner of petty anger and irritability—that is an ideal as noble as it is difficult.—Edward Howard Griggs.

EUGENICS—WELL BORN

Three years ago this word was quite unknown, even to people of culture. Today it is familiar enough. It teaches that the future will one day be the present, and that to serve it is to serve no fiction or phantom, but a reality as real as the present generation. It teaches the responsibility of the noblest and most sacred of all professions, which is parenthood, and it makes a sober and dignified appeal to be regarded as a constituent of the religion of the future.

Rightly taught it gives a new conception of all human institutions and achievements, it enables the pupils to understand the very foundation of all motives, moral and religious. Nothing has opened to the school master such a wealth of matter and method.

Properly applied it is a mine of interest and it now rests with the parents and the school master to work it for all it is worth.

Properly applied it is a lump large enough to leaven the whole human society. Our grandparents did not dream of it, our parents only knew that men were working along certain lines, vaguely promising. No blame attaches to the men and women of the world of yesterday, that they did not know and therefore could not practice. But blame will attach to the men and women of today. Blame will arise like a heavy mist, enclose and darken us and cut us off from any praise, any love, respect or reverence from the world of tomorrow, if, knowing as we do know today, as we increasingly know ourselves, we yet behave ourselves as indolent cowards, giving no help to that future which we might so strongly help! We talk as through all the ages we have talked of "betraying a cause," of "dishonoring a flag," of deserters, traitors, cowards!

Now there is a banner, and it is somewhat greater than that of any kingdom, country or cause. It is the great banner of human species. Men and women who see how that banner can be advanced, how disasters which have befallen it may be retrieved, how it may be lifted higher into a morning light, held more strongly, carried upward more vigorously—men and women who see things and yet lie still or sit idle and silent amid the wayside weeds—what would the Great Commander call them. There is today an army of men and women, who have it passionately at heart, that the child which each one of us has been, shall be left no longer to grow in blindness as to the meaning of his being, and his place among the generations, as to the debt he owes to the future, as to necessity of cleanliness of body and soul, as to the sacredness of that which he is too often taught to believe vulgar and vile, as to inferiority, weakness and vulgarity of that which he too often comes to consider manly and spirited, as to the office of parenthood, the clean true fact of birth, growth and reproduction, as to the necessity of self-control and the honorableness of practicing it, as to the sacred trust he has in hand—the word of his life given him by all the resounding past and by him in turn to be given to the unuttered millions of the future, that future may well be imagined as waiting in breathless anxiety for the present's decision in this matter.

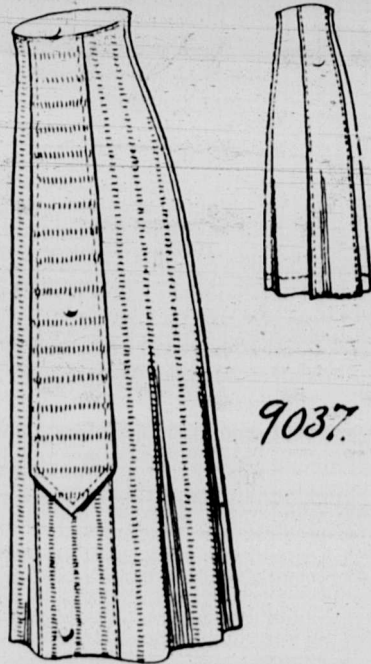
To the future, believe me—however lightly we may take it—to the future, it is a matter of life and death. We cannot aid the past, but we can aid the future. The past will have nothing to say to our efforts, but the future will have much to say. This army, of which I am a unit, wishes to see the beginning of an era of proper instructions to children and the foundation of facts of all life. We do not ask that all manner of detailed information, proper only for the adult mind be given, but we do ask that there be given enough of clean knowledge and right training to insure to the child

and to the youth, into whom the child grows—to insure, or greatly to assist in insuring to every age, perfect moral health. Moral health equals vigorous and efficient living, and right acceptance of responsibility. It means zest and perfume where else would be evil taste and foul odor; it means high and noble aims in the nature of the world today, in the nature of the human being. Each generation should give to the next every instruction in order to fit them for a truly noble life.

Then comes an outcry—"contaminate the child's mind," and "sully native innocence" which so long as we tell it nothing knows nothing. Teach it vulgar things about life!—People, people! It is being taught vulgar things about life every day but not by those whose aim is purity.

ARMENIAN WEDDING REGULATIONS

A very salutary measure has been ordered by the Armenian patriarch of Constantinople. If this measure be strictly



9037. A Stylish Up-to-date Skirt Model. Ladies Six Gore Skirt, with or without Trimming Panel, and with High or Regulation Waistline. This effective model may be made with the trimming panel of contrasting material. The skirt is cut on straight lines, and fits gracefully over the hips. The Pattern suitable for all dress fabrics, is cut in 5 sizes: 22, 24, 26, 28 and 30 inches waist measure. It requires 4 yards of 44 inch material for the 24 inch size.

carried out, it will prove of the utmost benefit to the whole Armenian population of the Ottoman empire. Henceforth every pair intending to contract a marriage will have to bring the authorities a medical certificate of a fully qualified doctor testifying that both the bride and the groom are in a state of perfect health. It is assured by a well informed source that without such a certificate no marriage can be possible in any Armenian community. Where, nowadays, is the centre of civilization?—Purity Education.

SELFISHNESS IS HADES

Ella Wheeler Wilcox, in a recent newspaper article, tells the story from the Hindoo of one Kandata, a great robber, who died and went into torment, where cried for mercy. The allegory illustrates such a practical truth that we give it here in full:—

When the Lord heard the cry of the robber he said, "Kandata, did you ever perform one kind act? If so, it will now return and help you to rise again. But you cannot be rescued unless this intense suffering has dispelled the conceit of selfhood and purified your soul from lust, envy and vanity."

Kandata remained silent for a time, trying to think of one good deed in his very selfish, wicked life. Finally he said, "Once upon a time I saw a spider crawling on the ground, and I stepped aside so not to crush its life."

"Very well," replied the Lord, who

straightway sent down a spider on a cobweb and bade Kandata take hold of the web and climb up. The web was so strong that the poor sinner was enabled to climb out of the flames, higher and higher. But suddenly he looked below him and saw a vast throng of his fellow sufferers also hanging to the thread. "How can this thread hold the weight of so many?" he thought, and straightway cried out, "Let go the web; it is mine." At once the web broke, and he fell back into Hades. The illusion of self was still upon Kandata. He did not know the miraculous power of an unselfish desire to rise upward. It is thin like cobweb, and yet it will carry millions of people. The more who climb, the easier will be the efforts of all. But as soon as in a heart the thought arises, "This is mine—let no one else partake of it," the thread breaks and he falls back into the old self-hood; and selfhood is hell.

Hell is only selfishness and egotism.

Thousands of years have elapsed since that little story was first conceived in the brain of a wise student of the philosophy of right living. But it holds the whole essence of unselfishness and truth for everyone of us in this workaday era.

DOCTOR AT HOME

Salt and water, used as a gargle for sore throat, is equal to chlorate of potash, and is entirely safe. It may be used as often as desired, and if a little is swallowed each time it will have a beneficial effect on the throat by cleansing it and allaying irritation. In doses of one to four teaspoonfuls in half a pint to a pint of tepid water it acts promptly as an emetic, and in cases of poisoning is always on hand. It is an excellent remedy for bites and stings of insects. It is a good astringent in hemorrhages, particularly for bleeding after extracting of teeth.

Mustard is another valuable remedy. No family should be without it. Two or three teaspoonfuls of ground mustard stirred into half a pint of water acts very promptly as an emetic, and is milder and easier to take than salt and water. Equal parts of ground mustard and flour of meal made into a paste with warm water, and spread on a thin piece of muslin, with another piece of muslin laid over it, forms the indispensable "mustard plaster." It is almost a specific for colic when applied for a few minutes over the "pit of the stomach." For all internal pains and congestions there is no remedy of such general utility. It acts as a counter-irritant by drawing the blood to the surface; hence in severe cases of croup a small mustard plaster should be applied to the back of the child's neck. The same treatment will relieve almost any case of headache. A mustard plaster should be moved about over the spot to be acted upon, for if left in one place it is liable to blister. A mustard plaster acts as well when at a distance from the affected part. An excellent substitute for mustard plasters is that known as mustard leaves. They



9042. A Popular and Becoming Model. Ladies' "Norfolk" Jacket with Sailor Collar and Shield.

Blue serge was used for this model, with facings of blue and white shepherd check. The plaits are stitched to position over seams, which extend to the shoulders. The shield may be omitted. The Pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 4 yards of 44 inch material for the 36 inch size, with 5-6 yard of contrasting material for the collar and cuffs.

come a dozen in a box, and are about 4 or 5 inches long. They are perfectly dry, and will keep for a long time. For use, it is only necessary to dip one end in a dish of water for a minute and then apply it.

Common baking soda is the best of all remedies in cases of scalds and burns. It may be used on the surface of the burned place either dry or wet. When applied promptly the sense of relief is magical. It seems to withdraw the heat, and with it the pain, and the healing process soon commences. Fuller's earth mixed to a paste with water soothes the inflammation when the skin is irritated. Glycerine, warmed and dropped on cotton wool, soon relieves the ear ache from which children so often suffer, while turpentine slightly sprinkled on flannel wrung out of very hot water makes a compress which soothes "growing pains," neural and rheumatism. Poppyheads and camomiles boiled together in water make a cheap good lotion for sprains and bruises, weak ankles, weak eyes, and many similar ailments. Camphorated oil rubbed in and covered with a flannel will relieve hoarseness and a cold on the chest. Salt, sand, or bran heated in a flannel bag makes a quick, good relief by dry heat to pains and aches.

Value of Lemons.—Lemons are very useful in health and sickness. Hot lemonade is one of the best remedies for an incipient cold. It is also excellent in case of biliousness. For malaria, the "Roman cure" is prepared by cutting the rind and pulp of a lemon into a pint of water, then boiling until there is only half a pint. One teaspoonful is taken before each meal. This has cured obstinate cases when quinine failed. Lemon syrup made by baking a lemon twenty minutes and then squeezing the juice upon half a cupful of sugar is excellent for hoarseness and to break up a cold.

Sleeplessness.—A warm bath just before going to bed tends to allay the nervous irritability which prevents sleep in children, whether caused by temper or work, and it does so probably by dilating the blood vessels on the surface of the body, and so relieving the brain. A warm mustard foot-bath is also beneficial.

Cold Feet.—Take a piece of cotton wool, wrap it round the ankle, and then pull on the stocking. This simple method prevents the cold that enters at the top of the boot from reaching the bloodvessels of the ankle. (b) Sprinkle dry mustard in your boots over which put two layers of brown paper cut as socks.

Onion Poultices.—An onion poultice beats all others for easing neuralgic or rheumatic pains, sore throats, etc.

Chapped Lips.—Chapped lips, fever blisters and the like, come often from bad digestion. Chronic sore mouth may be rubbed with oil or rosewater and glycerine, or with camphorated ice. Citron ointment is reliable and very efficacious for this difficulty.

LESSON FOR A BOY

I had overheard a conversation between Karl and his mother. She had work for him to do, which interfered with some of his plans for enjoyment, and though Karl obeyed her, it was not without a good deal of grumbling. He had much to say about never being allowed to do as he pleased; that it would be time enough for him to settle down to work when he was older. While the sense of injury was strong upon him, I came out on the piazza beside him, and said: "Karl, why do you try to break that colt of yours?"

The boy looked up in surprise. "Why, I want him to be good for something." "But he likes his own way," I objected. "Why shouldn't he have it?"

By this time Karl was staring at me in perplexity. "I'd like to know the good of

HOW TO SECURE THE GUIDE PATTERNS

To secure any of the patterns published in The Guide, all that is necessary is to send 10 cents to the Pattern Department, Grain Growers' Guide, Winnipeg, and state the number of the pattern, giving bust measure for waist patterns, waist measure for skirt patterns, and the age when ordering patterns for Misses or Children. It will require from ten days to two weeks to secure these patterns as they are supplied direct from the makers. No new worker need be nervous or afraid to use The Guide patterns. They are accurate and perfectly and plainly marked. Full directions for making are given with every pattern you buy; also the picture of the finished garment to use as a guide.

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