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April 24, 1913.

A Saner House Cleaning

Mrs. W. R. Munro, Prince Edward Co., Ont.

Years ago, when but a child, I overheard some ladies discussing methods of housecleaning. One lady said, "When I am mistress of my own house there will be no upheaval, no chaos, no hasty meals, etc." Everyone has heard the same remark. This lady by thought, evolved a system in this department of housemaking whereby one room at a time would be made tidy and clean and all in good time the whole home would breathe of spring and sunshine. She alone advocated this plan, the others said they preferred the all-in-a-heap method, thereby hoping to gain time, never thinking of what a cost.

I often thought of Mrs. D's ideas expressed so emphatically against so a

done. Just keep in mind that for you and your house you will be neat, sweet and clean always and over, not just after housecleaning.

DISCARD USELESS ARTICLES

So many women hoard and handle many useless and unbecoming things year after year. These make extra work and the idea of the up-to-date woman is to conserve her strength by every legitimate means of system or labor-saving device. Burn these too useless things and do not be slow to adopt easier ways just because your mother or grandmother did not do things that way.

We will suppose that one day you prepare as much as possible for the lunch baskets and the meals of the following day. Next morning get up early, make yourself neat and clean in a tub dress, get breakfast over know-

THERE are few people who can cultivate ten talents. The development and right employment of one is quite as much as most of us can accomplish. And, as a rule, the people who are of the most service to their generation and clients highest, are not the brilliantly endowed, but those who put all their efforts, all their energy, all their enthusiasm, into making the most of a single talent.—F. H. S.

much opposition. Later when I became a housekeeper or homemaker, I carried out these ideas, for I had as time went on, seen so many untidy, nerve-racked women, so many cheerful, chaotic rooms, husbands with resting place, children fed in any style,—just when everything was taking on reawakened life. I disliked all this. Why should housecleaning be a dreaded time? Everything else resolutely at hand, systematically and following natural laws in the animal and vegetable kingdom. Then why should God's Masterpiece make such for want of thought? I answer, days in which to plan, and one day for the rush.

In the great departmental stores there is the annual stock taking, rubbish sales, cleaning up time, new things already purchased, replacing the old, and yet we always find the courteous salesmen and salesladies, ready to cater to the wants of the individual customer and to be pleasant to the public. New by not follow this system in the house? Last year when the winter garments had to be donated, would have been a splendid opportunity to take stock of the summer surplus clothing, making a list of carding as necessary, making a list of needed supplies for next season. Often in January or February these goods may be obtained when the white wear and outdoor sales are on. We should do the same with linen, bedding, curtains, etc. Then we are ready and waiting for an off day. When one comes it may be advantageous to use in clearing a clothes room ready for the heavy bedding, iron clothing, or furs. Thus, a short time suffices for cleaning, fumigating and packing away these things when the warm days come.

Now for the actual cleaning. Little by little, many small spaces are straightened in perfect order. If stoves are used, have chimneys swept, pipes cleaned, numbered and stored in a dry attic or storeroom where no dampness allows rust to corrode, thus room having been cleaned and made ready to receive them. Of course we farmer's wives will before this have had the ham smoked, decayed vegetables removed from cellar, apples made into jelly or canned, marmalade glasses filled, and so forth. If one has no maid my advice is to go slowly, never mind who is done or nearly

ing just what there is to do towards preparing dinner and tea. Away you go to hold forth in your warfare, (not against another's property, or the opposers of the militant suffragette), but just against one of your own particular rooms' winter accumulation of dust; this is woman's right and no man opposes if you do it sanely and methodically.

Once in your room, clean every small thing, each picture, the different articles of furniture, carrying each in turn to a clean airy place. Pieces too large to move should be cleaned and covered. Carpets do not need any fresh decorating, nor the woodwork fresh paint, dust and clean with slices of bread and renovate the woodwork thoroughly. It will now be dinner hour and indeed this may not all be done if there are many things to clean, at that time. When the hour comes remove your cap and away to a dinner quickly and appetizingly laid out as all is ready. Wash up dishes and rest for a few minutes, lay out, an hour if possible. If you intend to do a busy carpet-cum-clean your rug or your carpet, or better yet, go over your floor with a dustless mop and wax and polish it. Let your room is all ready for the final polishing of the window glass and the readjusting of the furniture which you may do now or next day. Of course if you do not keep a maid procure a woman to help you. Put each piece of furniture in a different place if utility and harmony will allow of change, for the object to be obtained is a homey, useful beauty that is soul-satisfying and restful. If you have a son or daughter ask his or her aid and advice in the work of decorating, for they like to know it is their home too.

EVEN CALLERS WELCOME

Should a stray caller or a belated traveler drop in during the housecleaning campaign, you with a neat wash gown and tidy hair, kept so by your dusting cap, may have on your company manners and need not be "not at home," or inhospitable. Do avoid talking housecleaning always. This talk has been already and will continue. "Is worse than the old woman and her rheumatism," or the obstructive stick-to-it-to-live-ness.

Next day get busy at another room and so on until all are done. Don't I beseech of you, leave the re-decorat-

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If one of these sufferers who has been cured by the Cascade could speak to you personally he would in the greatest enthusiasm talk to you as Mr. E. Nightingale of Green River, Ontario, writes: "For years I have been troubled with constipation, ulcers in the bowels and piles, which all the money and doctors only seemed to relieve temporarily. The J. B. L. Cascade has completely cured these troubles and I feel it a duty I owe to my fellowmen to endorse the Cascade in the very highest terms. No amount of money could estimate the value it has been to me. No home should be without a Cascade."

Over 300,000 people now use the J. B. L. Cascade. Write Dr. Tyrrell to-day. He will be glad to send you his free book, "Why Man of Today is Only 50 Per Cent. Efficient," and full particulars if you will address him, Charles A. Tyrrell, M.D., Room 671-8, 280 College St., Toronto, Ont.

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