

Sunshine

The Grain Growers' Sunshine Guild

So many Gods, so many creeds,
So many paths that wind and wind;
When just the art of being kind
Is all this sad world needs.

ABOUT KINDNESS

Don't you like the verse I have put at the head of our column this week—"Just the art of being kind is all this sad world needs?"

I know you believe it or you wouldn't have rubbed the flour off your hands, as I said a couple of weeks ago, and sat down so promptly to answer Young Mother's request for advice.

Nearly every contributor has asked me not to print her name, so I want to assure our readers that names will not appear in this column except by request of the writer. Where someone forgets to give a pen name I choose one for her, temporarily, and I always stroke out the post office so as not to leave the first clue to the writer's identity.

Sometimes it would not make the least difference, but again I am certain that many of our readers will often want to come to us with troubles which they could not have printed if their names were attached, and I want them to feel that they can tell us in perfect confidence of even intimate private affairs.

Perhaps you did not know that I have a big book on my desk where I am keeping all your pen names and real names and addresses, so that if one member would like to send a letter to another she can mail it in a sealed and stamped envelope to me with a note saying for whom it is intended and I will have much pleasure in forwarding it.

Cordially yours,
SUNSHINE.

SOME LIVE SUNSHINERS

Dear Sunshine:—I thought I would write and let you know that our Sunshine Guild is doing fine.

The school children got up a picnic and concert Thursday, June 27. We had a booth and served tea. We made about \$33.50. I think we will have \$25.00 anyway when all expenses are paid. We are going to get an organ for the school with the money when we get enough.

I have just finished baking a cake for mother.

We have six weeks of vacation now. School stopped yesterday. Before school stopped we had examinations, we had them about a month ago. I think I passed into the last book we have to go through in public school, then I intend going to Regina college.

I was up to Regina last week trying my musical examination. I got word last Thursday that I passed it. I was in Regina for three days and had a fine time.

Well, Sunshine, I think I will close. Wishing you every success with your good work.

MARY.

We are very proud of our young Sunshiner and want her to accept our congratulations on her progress in music and best wishes for her success at college.

SUNSHINE.

FIFTEEN MILES FROM A DOCTOR

Dear Sunshine:—This is Sunday and I am reading the Sunshine page of The Grain Growers' Guide, so in answer to a plea from Young Mother I would like to send her my cure for Cholera Infantum. I also am a young mother with two little girls and am fifteen miles from a doctor. My mother said the following prescription was given her by a lady friend, who said it had never failed in any case where it was tried.

Slice some raw onions and pound, then lay them directly on the child's bowels with a cloth over them, but not underneath. Change every half hour.

This seems very simple, and is not as difficult to get as drugs may be. I have not tried it, as I have had no occasion so far (and hope I'll not have).

MOTHER OF TWO.

I knew that some sympathetic mother would surely come to Young Mother's

help. Thanks very much for your trouble and come again either with or for help.

SUNSHINE.

HOW TO WASH SILK WAISTS

Dear Sunshine Editor:—I have just been reading the Sunshine letters and if I may will write a few lines in answer to "Young Mother's" enquiry for a cure for summer complaint. I happened to read about one a few days ago in another paper so will just copy the article.

Here is a simple cure for summer complaint which has been known to cure when patent medicines failed. For a child of two years up; beat up a raw egg (put a little sugar or cinnamon in it if

you wish) and give the child half of it; in about an hour give the rest of it. You may have to repeat in a very severe case, but it will do no harm if you give three eggs a day. But if you notice any signs of a child needing this, give at once, when one egg will be sufficient. For an infant up to a year, give from a teaspoonful to a tablespoonful, according to age. For children of about ten years up, give one egg as a dose and grown people may take two as a dose, and always repeat in an hour.

After giving the second dose wait and see if it is required before giving another, or you may have to give castor oil.

I have never had occasion to try this, but I hope "Young Mother" finds it a good cure.

Another remedy that I have used is to scald a cup of sweet milk and add a small quarter of a teaspoon of pepper and drink it hot. I know this is good for grown persons in many cases, but I don't think little ones would like it very

well, although I do not think it would hurt them.

Now, while I am writing I will tell you how I wash my silk waists; the white ones I mean. First, wash clean with soap and water, rinse, then take another rinse water and make it so blue with clothes blueing that your waist will be pale blue instead of white. Then rinse again through two or three clear waters. Wring out and roll up in a towel or sheet until damp enough to iron easy, using irons not too hot, and they will be lovely and white when dry.

That is always my experience anyway. Now I must stop or I'll not get my clothes ironed today.

Wishing the Club every success.

A FARMER'S WIFE.

It is just a pleasure to get letters like yours, Farmer's Wife, and I hope you will come often to the Sunshine Corner, where you can be sure a warm welcome awaits you.

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