

with pieces of carpet or small rugs laid down on places most walked on. These rugs, while giving an extra warmth, are easily lifted and shaken, and the other covering can be easily washed or wiped up. Or, perhaps, some prefer the bare, painted, or varnished borders with rug or carpet centre. These are much more sanitary and more easily cleaned than a carpet covering the entire floor. Of course, one objection may be offered to this method and that is, a floor thus covered is not as warm except perhaps in furnace or steam heated houses. Above all, let us not exclude the fresh air and sunlight as they are the first essentials to health and strength.

Most town and city dwellers have the convenience of bath-room, closet, etc. A great deal may be said to us to the perfect condition this, of all rooms, must be kept in. It is not enough that the window be kept partly open day and night to ensure ventilation. All waste pipes ought to be scalded frequently with a disinfectant and the water turned on and allowed to run freely in order to flush out all pipes and ensure the perfect evacuation into the sewers. All tubs, basins, etc., to be scoured after use, and all metal fittings be kept polished. There is a washable wall paper to be had which makes an ideal wall covering in that it is easily washed or wiped off. Where the floor is not tiled linoleum makes a good substitute. It is important that a good supply of wash cloths, sponges and flesh brushes, towels, etc., be kept in this room, so that no two persons be obliged to use the same articles.

Give halls and stairways plenty of sunlight and air, also parlors and

sequently taken care of, kept free from dust, germ, etc., sinks, refrigerators, cupboards are not carefully looked after and are allowed to become close and musty, scraps of food left lying about instead of being used up immediately. Decaying vegetables and fruits are allowed to remain in the cellar until perhaps housecleaning time instead of being carefully looked over, and any showing spots of decay promptly removed. Aside from the actual waste of neglect of these precautions entails, the vegetables in time throw off a disagreeable odor which penetrates the house and is inhaled by those brought in contact. This can not fail to affect the health. Any spot or pool where wash water is thrown should be far enough from the house that no smell can be detected, as is frequently the case when the sun shines on dirty or soapy water. It is quite frequently to these causes that cases of typhoid or diphtheria can be traced, although more often these diseases are traceable to impure drinking water. Then let the utmost care be taken to keep everything sweet and clean and in the words of the old song let us

"Clean the darkened windows, open wide the door
And let a little sun shine in."

* * *

From Various Branches

THE members of the Lucan Women's Institute thought to make themselves more widely known in the town and "do something."

"We are not one year old," says the Secretary. "We engaged Miss Alma James of St. Thomas, to come and prepare an operetta, 'Queen of Poppyland,' with local talent; Miss James to get forty per cent. of proceeds and we pay expenses. We secured among our young people seventy-three to take the various parts. It was prepared in three weeks and was a great success. We cleared \$40.96 and secured interest of people who could not be brought out any

other way than through the children. The meeting directly before and the recent one were full of new people who have promised to join for the new year."

The Women's Institute of Chilliwack, B.C., have been enabled, owing to the generosity of the municipal council and the business men of the city who have recognized the need of such rooms, to lease and furnish a women's rest and waiting room in the Westminster Trust building. The room will be open every day until 10 p.m.; light, heat and toilet conveniences are furnished, and is for the use of the women of both city and country whether members of the Institute or not.

* * *

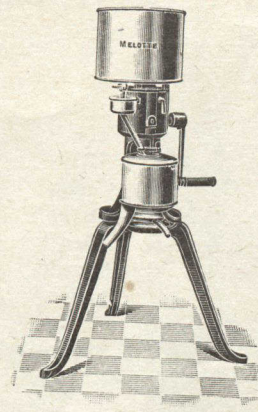
Concerning Soup

ALTHOUGH soup is regarded by many as an especially grateful dish in winter, it is so nourishing a feature of the dinner that the following paper by J. A. S. Scott, holder of a first-class diploma, West-End Training School of Cookery, Glasgow, Scotland, will be welcomed by many. It has been forwarded to us by the Nelson, B.C., Institute:—

Soup ought, if possible, to enter into our daily dietary, both from motives of economy and also for the nourishment it contains. There are a great many different kinds of soups and to-day I will make four, one of each different class. In winter

Continued on page 34

WIFE'S PROFITS—DAIRY PRODUCTS



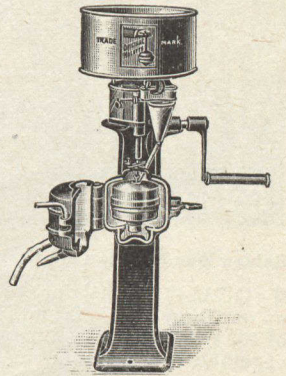
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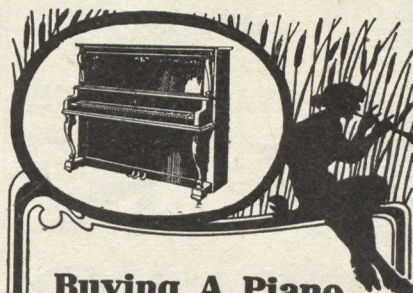
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