

is the time I have found best to plant the seeds, as the soil needs to be warm; if planted in cold, wet soil the seeds will perish.

The varieties I use are citron (red-seeded), cucumber (American pickling), squash (Boston marrow), pumpkins (Kentucky field), English vegetable marrow.

#### IN THE NORTH.

In the North, where spring comes slowly, vegetables and flowers can be hastened forward by starting a hot-bed. The things for a hot-bed are a heap of fresh manure and a window-sash with glass, any old sash will do to raise a few tomatoes, early cabbages, peppers, cauliflower, and some flowering plants. Select a dry place sheltered by buildings from the north wind, and convenient to reach so that you will not neglect it. Pile up the manure nearly two feet deep and let it extend two feet out around the sash. Tramp it well and let it begin to heat. Out of heavy lumber make a frame a foot deep that will just fit your sash. Set it on top of the manure heap, and bank it outside with manure. It should be higher at the north side, so that the rain will run off from the glass. Fill in with four or five inches of soil, sow the seeds two inches apart in rows. Or the hot-bed may have only an inch or two of soil, and the seeds be sown in shallow boxes called flats. In the latter case, if the hot-bed should get too hot or cool off too soon, the flats can be removed to the house. Do not sow seeds until the temperature of the soil settles evenly to about 80 degrees.

Such a seed bed must not dry out. Cover the glass with carpet, sacking or straw weighted down on cold nights. On sunny days prop the sash open on the side away from the wind, as without ventilation it will quickly become too hot.

#### A Feeding Suggestion.

"Dear Editor: Many a mother will be troubled during the summer as to a safe food for her baby. I want my experience to be helpful to some one.

"My four children after weaning were fed on junket—that is milk prepared with junket tablets. The milk may be heated enough to sterilize and the junket tablets aid digestion and assure a nourishing and pleasant food.

"My baby girl began to use this when she was nine months old, lived on it for months, and was perfectly well. As directed in the booklet accompanying the tablets, it may be stirred up and used in a bottle, but I always used a spoon or fed from a cup.

"There is little need of soiled napkins if training is commenced at two weeks of age. This saves much unnecessary work and insures comfort and regularity for the child.

"Sincerely, Mrs. C. H. S."

#### The Hired Man From "AMERICAN MOTHERHOOD"

"Dear Editor. I have read and reread the letter 'The Children on the Farm and the Hired Men.' I see this situation from a different view point than you do. I feel that I should like to be of help to this woman and hence I will speak from actual experience. I believe the farm hands to be human, kind and understanding if once given a chance. The kinder we are to those about us, the better labor we get from them, and we have far more influence with them. I married when very young on a well-to-do, cultured family, who had never lived on a farm. My husband was and is a farmer. We live at the edge of town, and run a dairy with from fifty to seventy-five cows and farmed also, to raise the feed for these cows. My children came close together, but my husband was good to hire help, which meant careful watchfulness on my part. One day my husband announced that he must keep a hired hand at the house. The others had lived on the farm, but the barns were very close to the house. I rose up in indignation, and said that another hired man and one at the house would ruin the children. This made five men. Well, I began to study what

was best to do, we took the man. One day I suggested to my husband my plans and he readily consented. We invited the boys to our home, served ice cream and cake and had music—men like to sing. Then I said, 'Boys, I have taken this opportunity of becoming better acquainted. I need your help and support in the care of the children or in your company and I want you to see after them and not to tell them vulgar stories nor use profane language before them.' This plan worked wonders, the men were always kind, nice and perfectly clean, so that any child or woman could go to their barns and feel safe. We also fitted a room close to the house where they could go for a game of cards, reading or whatever they chose to do in an upright way. We have hosts of work, but never have trouble in getting the best of men.

"The man that stayed in our home is married now, and has children of his own. When he sees me, he always speaks of what good we did for the men with us and the splendid example they tried to set for our children.

"Very cordially, an interested reader of A. M."

The way in which this family solved the "hired help" problem seems worthy of studying and following. There is just about as much difference in the people who hire help as in the help they hire. It would be a pretty low-down sort of a man who wouldn't turn to and protect a child, even from himself, when he's taken into partnership with the mother. And most men, except the degenerates, are decent if their best side is appealed to.

The book, "Helps for Expectant Mothers," will be sent free to any wife upon request. Kindly enclose two-cent stamp for mailing. P. R. H., 983 Grosvenor Ave.

To be cheerful, bright, tender and helpful in one's own sphere of contact is all that is required of us. So let no influence go out from one's life that is not helpful, is the secret of a happy life.

"To the best mother that lonesome man in a lonesome country ever had" was the toast pledged to a pioneer woman of the West by a crowd of frontier men.

Tired mothers—if we stop to think too much of the sacrifices we make we lose the blessings.

A Saskatchewan mother writes me asking for a cure for eczema. Her babe suffers from it. Can any of our readers suggest a remedy?

#### HINTS ON HOUSECLEANING

For cleaning papered walls rub with a piece of bread dough. You will be surprised the amount of dirt it takes off.

For cleaning windows add coal oil to the water and polish with a linen cloth.

For paint that is very dirty a flannel cloth dipped in gasoline and rubbed on first (before washing with soap and water) is splendid.

For white paint a wet cloth dipped in bran is good.

For varnished woodwork wash with soap and water, and then with a chamois leather wrung out of cold water.

When oilcloth or linoleum is getting shabby a little skim milk rubbed on after it is washed makes it look brighter.

For colored muslin curtains a little dissolved glue in the water is much better than starch. Use it in the rinsing water.

For cleaning carpets rub with a cloth wrung out of ammonia and water. It will brighten them wonderfully.

For destroying ants and cockroaches in the kitchen use borax.

#### HOME TREATMENT OF COLDS.

Should baby contract a cold, rub its neck and chest well with a mixture of one part of turpentine and eight parts of olive oil or lard. This should be applied warm and covered with a soft cloth. An old-fashioned onion poultice answers the same purpose, and is an excellent remedy for babies. The baby should be kept covered warmly, but

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