

pointment. Rennie's is, of course, a good house. Often it is hard to get plants to grow close to a house because of the hard soil thrown out in excavation. In such a case it is absolutely necessary to supply sufficient humus, so a deep bed made rich with well-rotted manure must be made. In some cases it is even advisable to have the hard earth carted away and good soil substituted. Lack of such preparation as this was probably the reason why your dahlias and clematis did not prosper. Likely they will do better this year. If I were you I should plant tall shrubs next to the wall, short ones in front of them,—not all in a stiff row, you know, but in irregular clumps, giving plenty of space for development. Snowball, the different varieties of lilacs, syringa (so-called), bush honeysuckle, are all very good for the taller screen, with golden bells, Japonica, flowering almond, spirea Van Houttei, and garden hydrangea for a foreground. While these are growing, climbing nasturtiums, dahlias, sweet peas running on a screen, etc., should suffice to cover the foundation. If you want vines that grow very rapidly, try Japanese hops and Dutchman's pipe, providing a trellis for support. But first of all provide a deep, rich root-bed, or you can expect no success with anything. Do not put in fresh, "hot" manure. Get old, well-rotted stuff, the nearer to black soil the better.

A pamphlet entitled, "Some of the Best Native Plants for Cultivation," by W. T. Macoun, of the Central Experimental Farm, Ottawa, lies on my desk as I write. I find that he recommends the following, some of which, perhaps, you may find in woods or swamps near you. You may feel like giving a few of them a trial if you love our native plants as they should be loved. Pity is, that, with all their daintiness, they are being driven off the face of the earth to make way for exotics that may be more showy; but cannot be so individual or so well suited to our climate.

Shrubs:—High-bush cranberry, flowering dogwood, sumachs, wild rose.

Vines:—Virginian creeper, wild clematis, climbing bittersweet.

By the way, nasturtiums and sweet peas will do better on any side than the north. They need plenty of sunshine. The north is always a problem. You might try a row of tall swamp ferns and some climbing bittersweet there, also some morning glories, and, particularly, the adumia or Alleghany vine, which delights in a shaded position. Cobaea scandens or cup-and-saucer vine will also do well on the north side. Start the seed in the house or hotbed early in spring. Japanese hops, too, should be sown early; in fact fall is preferable, as if sown in the spring the seeds may not come up until the next year. When once under way, however, this vine is practically perennial, as it self-sows.

From a Woman Farmer.

Dear Dame Durden.—I was much interested in your article in the "Ingle Nook" about women farmers; as I am one myself, but haven't the American lady's difficulties to contend with.

I am fortunate in having kind and obliging neighbors. When I want any plowing or other work done, I have only to speak in time before he is engaged elsewhere, and I can get a neighbor who lives near to do it, after explaining how and where it is to be done. He takes an interest in and does it as well as for himself, charges very moderately, and boards himself and team.

Another person, who is the handy man of the neighborhood, cuts the year's wood in the spring for the next season, so as to have it dry. Last year he piled it in three sides of a square, and we finished it with rails and planted some vegetables. This man does good work, and takes a pride in it.

My farming consists in raising corn and other feed for cows, and grain for poultry. I can manage part of the work myself, with a little help at home. I do not attempt to work with the hired man, but simply give directions, and generally find it done satisfactorily. Hoping these few hints may benefit some of your readers, I am, Yours, etc.,

LADY FARMER.

About Smoking Hams.

Dear Dame Durden.—I see in the Jan. 19th number of "The Farmer's Advocate" where "Ruby," of York Co., is

asking about smoking hams in a barrel. Now, I have tried it, but never was just satisfied with my meat, and last year was advised to use extract of smoke, and our meat was lovely and kept well too. Get it at a drug store, and directions are on the bottle, although I used a small cloth instead of brush, and found two coats was plenty, using the second about a week after the first. I find this way so much easier than using a fire, and a 25-cent bottle will give two coats to five or six hams.

I would like to know if any of the "Nookers" can tell me of any way of removing superfluous hair, except by electrolysis, so that it would not grow again?

Did any of you ever try boiled linseed oil on stovepipes? We find it splendid, as it preserves them from rust, and is so easily applied. "HOUSEKEEPER." Brant Co., Ont.

Being a little afraid lest smoke extract should hinder the digestion of meat, I wrote to Prof. Harcourt, Chemist at the O.A.C., in regard to this. He says:—"Smoke used in the smoking or curing of hams contains a certain amount of wood creosotes, and the curing has usually been credited to the presence of these materials. Liquid smoke, or smoke extracts, are made of wood creosotes, and it is usually found that a one-per-cent. solution of wood creosote dries and hardens the meat, and it acquires a flavor of smoked meat. Crude pyroligneous acid will also have the same effect upon meat. It has never been considered that smoking meat decreased the digestibility of it to any great extent, and I presume that, provided these other materials are used in moderate quantities, they cannot seriously affect the digestibility of the meat. It is quite probable, however, that the solutions of liquid smoke, or of the pyroligneous acid, would be many times stronger than the smoke. Taking it all together, I cannot see that the use of these materials in moderation is going to very seriously affect the digestibility of the meat. Of course, we must bear in mind that there is a tendency to use preservatives in many of our foods, and, while it is possible that while the use of such a material in any one food might not be injurious, that obtained in the aggregate from our different foods might be harmful."

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I have asked a complexion specialist about the superfluous hair, and she says she has heard of no method for removing it which she can recommend except by electricity.

Reply to Grandmother.

Dear Dame Durden.—I would ask permission again for a little space in your corner to reply to "Grandmother," for the dear old lady needs to be set right in regard to the Women's Institute. She puts me in mind of a man I knew, who always said that what was good enough for his father was good enough for him. If we all said that, where would we be? Why, back in the old log cabin, and cutting grain with the sickle.

She says, in the first place, that it is a great deal of work and worry carrying on an Institute, for very little, if any, profit. She might say the same about the Church, the Sunday School, or the League, or Christian Endeavor, or anything. Don't you know, Grandmother, that Paul may plant and Apollos water, but God alone can give the increase? It is our part to do the work and leave the results with Him.

"Let us then be up and doing,

With a heart for any fate;

Still achieving, still pursuing,

Learn to labor and to wait."

At the same time, I claim that we do see results, many of them. The Women's Institute is not going to be a power in the land, but it is.

Then she goes on to say that farm women have not time to get up papers and such like. Well, I know we are all pretty busy, and generally have more than we can well attend to, but if anything has to go to the wall, let it not be the short time that we take to improve ourselves mentally. We would be no better than dumb animals if we did not take a little time along that line. Far better, I say, to let the quilt patches and old rags go. But then this taking time to improve ourselves does

not necessarily mean a taking up of time which should be devoted to other things, for we learn to economize time, by learning to do our work in a more up-to-date and scientific manner; and no one gets the same benefit out of a paper as the one who gets it up, for she has to do a good deal of thinking and reading, and turning up references, before she writes it down. As for criticism, no one needs to care for that. Sometimes those who talk the most and laugh the loudest have the emptiest heads, and could not do half so well themselves.

At the same time, I am quite well aware that there are some so built that they could not get up a paper, and such should not be required of them, but it is a very oddly-constructed person who cannot do something. They might be able to sing a song, or tell a story of the pioneer days, or demonstrate how certain lines of housework ought to be done, or show the girls how to knit or do fine sewing, or read a piece, or anything. Even Grandmother herself, who claims that she cannot get up a paper, has demonstrated the fact that she can by the letter she has written, and she might as well write another as pore too much over quilt patches (although quilts are necessary). But I have seen grandmothers sitting at quilts till their eyes ached, and they would tell, with pride, how many pieces were in this one and how many in that, but I think we can have nice quilts without cutting the pieces too small, and saving a little of the time that used to be taken up at such work to go to an Institute meeting. But for those who do not wish to go, why we will just need to let them stay at home. They will be occupying their time very well, indeed, by reading "The Farmer's Advocate," and other good papers, but I would remind them that people are like machinery, they will rust out quicker than they will wear out, and the sooner we sit down by the stove and take no interest in what is going on around us, the sooner we will reach our dotage. The world is moving quickly, and we have to move with it or drop out of the race. To us who are grandmothers the time is getting short. Let us then do what we can, so that when we depart we may be able to leave "Footprints on the sands of time."

That was a good paper in your last issue by Mrs. W. G. McBean, of West Lambton.

In all friendliness, Dame, to you and "Grandmother," and everybody.

I remain, as ever,

GREYBIRD.

P.S.—Since writing the above, I have come across the following:—"He that is never dissatisfied with himself or others, and never discontented with things around him, cannot be expected to make any strenuous efforts at improvement. He may live out a life of ease and serenity, but it will be the ease of torpor and the serenity of indolence." So what was good enough for our fathers and mothers ought not to be good enough for us.

GREYBIRD.

Recipes.

Graham Biscuits.—1 pint graham flour and $\frac{1}{2}$ pint wheat flour, 1 tablespoon lard or butter, 1 teaspoon sugar, pinch salt, 2 teaspoons baking powder. Sift the baking powder, salt and sugar with the wheat flour, add the brown, rub in the shortening, then mix with water or milk to a dough. Roll half an inch thick, cut into biscuits.

Fried Salsify or Vegetable Oyster.—Scrape the salsify, cut in pieces and boil until tender; mash, adding 1 cup milk, 1 egg well-beaten, a small piece butter, salt, and a little sifted flour. Bake like griddle cakes.

Finnan Haddies.—Pour boiling water over the fish. In a few moments drain, brush with butter and pepper and bake in a hot oven about 10 minutes.

Oatmeal Soup.—2 quarts of any meat broth, half a can tomatoes, one medium-sized onion, salt and pepper to season. Boil the vegetables in the broth, then add the oatmeal. Boil until thick, strain through a colander, and serve.

Shortcake.—Make a very short biscuit crust and bake in a thick cake. While still hot split it, butter, and put in a thick filling of stewed and pulped prunes or apricots. Apple sauce, well sweetened and flavored, plum preserves, stewed figs, etc., may be used as filling. Serve with whipped cream.

Corn Muffins.—Sift together $1\frac{1}{2}$ cups

flour, 1 cup corn meal, 2 teaspoons baking powder. Beat together 2 tablespoons butter with 3 of sugar, and add to them 3 well-beaten eggs. Dilute this with 1 pint milk, beat hard, add the dry ingredients quickly, and bake in muffin-rings or deep patty-pans which have been well greased.

Corn Pudding.—Scald 1 cup corn meal with boiling water. Beat well 2 eggs, a pinch salt, a tablespoon melted butter. Add sufficient sour milk to make a thin batter when the whole is mixed with the scalded meal. Put in a scant level teaspoonful soda to a pint of the milk. Bake in a pudding dish for 25 minutes. Serve with cream and sugar.

Kidney and Bacon.—Fry thin slices of breakfast bacon, take out and in the fat fry sliced mutton or beef kidneys. Add 1 cup water and a pinch of salt; cover and stew slowly for 10 minutes. Pour over the bacon and serve hot, on dry toast.

Currant Loaf.—When the bread is ready to mould into loaves, take out enough for one loaf and knead into it a large spoonful of butter, 2 eggs, a small cup light-brown sugar, same of currants cleaned and floured, a large pinch of cinnamon and nutmeg. Knead well, adding a very little milk if too stiff. Form into a loaf, let rise, and bake.

Baked Apple Sauce.—Pare and chop a dozen apples, put in a granite dish, sprinkle over them a heaping cup of sugar, add a cup of water. Cover and bake slowly in the oven for two or more hours.

Prune Pudding.— $\frac{1}{4}$ lb. prunes stewed and mashed fine; remove the pits. Add $\frac{1}{2}$ cup sugar and the well-beaten whites of 4 eggs. Bake in a buttered pudding dish. Serve with whipped cream, or with a yellow custard made with the egg yolks.

Colds.

During March, that time of wet feet and changeable weather, colds are "caught" quite frequently, hence an article on the subject, in a recent number of The Independent, is opportune. "We have learned," says the writer, "that colds are slight infectious fevers . . . that are due to contagion, and not at all to changes in the weather." Colds, in short, are due to "germs" or bacteria, as may be concluded by anyone who notes how quickly the disease runs through a school until the majority of the children are coughing. From the beginning, then, children should be taught to cover their mouths with a handkerchief when coughing. Laboratory experiments have shown that when we cough we scatter bacteria for at least three or four feet in front of us, hence little wonder that when a coughing epidemic starts in church "the modern physician at least has the uncanny feeling that nearly everybody is coughing his particular brand of bacteria freely into the air for the benefit of others." As a matter of fact, colds are more frequently caught in over-heated, poorly ventilated, crowded rooms than in any other way.

To avoid taking colds the vitality must be kept up (a low vitality makes the body more vulnerable), hence feet should be kept dry, plenty of sleep taken, and long periods of hunger not permitted. Chillings should be avoided, as when the body is chilled the vitality is low. "Above all, at night there must be an abundance of fresh air in the rooms of those whose lungs are hampered in their activities." Plenty of fresh air at all times is now, of course, universally recognized as a preventive of as well as a cure for colds.

The writer advises his readers to give a wide berth to whisky and quinine, and all patent cures for coughs and colds, which are likely to contain such drugs as morphine, codein, chloroform, etc. Hot drinks, however, are beneficial, for the reason that at such a time a large supply of liquid is necessary, hence the efficacy of the old-fashioned grandmother's remedies, flaxseed tea, and the like. "Nothing softens a cold like having an abundance of fluid in the system." Skin, kidneys and bowels must also perform their offices freely, hence the use of hot baths and laxatives in breaking up a cold. "Rest, liquids, elimination, air—these are the cardinal principles of therapy—not drugs and dosing." If a cold does not yield to these, then consult a physician, for "only a cold" may be a serious thing.