

# The Country Homemakers

Conducted by Francis Marion Beynon

## LETTING LIVE

Scattered all thru this Province are people who know me to be a mere unmarried woman, and when I venture to write about children they get quite snuffy about it, but a little time ago I had a letter from a nice lady out West, who is a mother of children herself, and she said she liked me to write about children, and asked me to do it again. She ought to know what she likes, so will the scoffers please be still.

However, this is not to be just a wise dissertation to parents, but a general setting forth of the rights of children which are being constantly invaded by grown-ups.

For instance, when you go forth and encounter your friend Alice, whom you have not seen since her marriage, and her pretty little daughter, Mary, aged three, you, of course, summarily demand from Mary a kiss, and it may be that her mother will follow up your demand with a command, and the kiss will either be bestowed by reluctant lips or tearfully refused. What a monstrous injustice! What right have you or I to demand such an intimate salutation from a stranger, even tho a tiny one. If we behaved so to adults we would be properly snubbed, and if we made a general practice of it, as we do with children, we would end our days in an asylum for the insane. Serve us right, too. I am not one of those tiresome folk who think kissing should be prohibited as being unsanitary, but it is time enough to think of caresses when a pair of eager little arms slip confidently about one and a dear little apple-blossom face cuddles lovingly and willingly into the curve of one's neck, but this will not be at the first or the second meeting, and perhaps not for many meetings.

Then, too, we are always meddling in children's affairs, getting them so exasperated that they up and declare war, and finally having them spanked for our own impertinence. Not so long since I saw Jack, two past, playing in sweet contentment with some sand, two cans and some weed stalks, when his host came along and insisted upon showing him how to have a good time. Jack set up a howl, being the only form of protest he knew how to make, and feeling that he had squatter's rights in the sand pile. Jack's mother, hearing the not unfamiliar sound, hurried from the house and spanked him soundly, that being the quickest and surest way of showing her disapproval of the noise.

Again, can you imagine your telling Mrs. Thompson about Mrs. Snow's tendency to bad temper or selfishness with Mrs. Snow sitting just across the room knitting a stocking, and in full possession of her sense of hearing. Certainly not, but you don't mind in the least telling Mrs. Thompson about Tommy's bad temper or selfishness with Tommy right beside you building a house of blocks and listening for dear life.

Also, it would be quite too rude a thing for you to relate a story of a mistake made by some adult present to a whole roomful of people, but if it is little Mary's mistake that brings down the house with laughter it is only funny, and if little Mary droops her head and sobs it is funnier still.

The thing about it all that I resent is that we seem to be always taking advantage of one of two things, our superior size and strength or their dependence upon us for food and clothes, to make these little folk submit to indignities that no adult would endure for a moment. Some people comfort themselves with the theory that children don't mind these things, but I venture to say that rivers of briny tears have been shed over just such hurts to childish sensibilities.

FRANCIS MARION BEYNON

## APPLAUDS WOMEN IN POLITICS

Dear Miss Beynon:—With great pleasure I note the continued progress of the Country Homemakers page in The Guide. Your short editorials are

very much appreciated, and I trust will appear for a long time. The short election campaign is over (at least for the time), but while short in time it was fierce and bitter. It was notable for the fact that women took an interest in the election such as they had never done before. That their influence was powerful and effective is conceded by most people, chief among them being those who championed the government party and their allies—the liquor interests.

The ballot has proved a powerful weapon when employed intelligently and not bound by "party" allegiance. Mrs. McClung has done more than her share towards the good fight, and her work will be felt long after this election is counted with the buried past.

Women, tho, must continue their struggle until success crowns their efforts, and must use ceaseless vigilance and work hard. What more worthy cause could they engage in than the wiping out of that curse, the bar room? How many families have felt its sting? Yet there are to be found men who will praise and uphold this diabolical traffic, having before their eyes the baneful effects of this poison in their own families. A case in point is Jim—who has lost one brother thru drink, and two more whose lives are just about ruined by the same cause. This man, the father of a very large family, champions the

men directors. I might also mention that some of the Harris members do not belong to the G. G. Association.

I felt sure you would be interested in this as it seems to show we are advancing, rather slowly, perhaps, but surely. MRS. J. W.

## SHEET MUSIC TO SPARE

Dear Miss Beynon:—For the Sunshine corner I have a big stack of sheet music, vocal and instrumental, which I do not want any more. It is all in good shape and quite a few of the pieces are new. Anybody who would like any of them could have them either in trade for other music or by paying the postage.

ROSA ALBERT,

Box 308 Bieseker, Alta.

## THE IMPORTANCE OF SLEEP

By Emma Gary Wallace, in "The Mothers' Magazine"

There is a wise old proverb which says:

"Early to bed and early to rise,  
Makes a man healthy, wealthy and wise."

It certainly is true that young people, especially children, need plenty of sleep and fresh air in order that the nerve cells may be properly filled up for the next day's strain of body building and mental effort.

"I don't see whatever is the matter

wakefulness. Sleep and plenty of it, she declared to be as undisputed a right of the young as food or clothing. Even with the early to bed rule, she questioned the wisdom of early rising for the child, quoting eminent medical authorities to prove that the best tonic for a child with a poor appetite and pasty color is plenty of sleep in a well-ventilated room.

She spoke of the weak indulgence of the mother who robs her child of absolutely necessary rest thru a mistaken idea of kindness, thus weakening its body and nerves for all future time, and she drew striking illustrations of the blessing of sleep sent as a soothing and refreshing agent.

The neighbor dared not say a word to Johnny's mother as they walked home, altho she had observed her close attention to that particular speaker, but a week later, she was delighted to hear that lady say frankly:

"I have been putting Mrs. Benson's sleep theories to the test and I find they are sound as a nut. Johnny showed little change for several days, but now he seems to have got rested, and he's like a different child—sunny, obedient and so willing to do as I wish him. It's an early bed hour for him after this whether he wants it or not. I didn't begin to realize how important sleep is to little folks, for I think I require less than many people. The poor child was about starved for rest and neither his father nor I knew what ailed him. It wasn't medicine or change of scene he needed as several suggested to me, but just plain sleep. I'm glad to belong to that Club. It has helped me in many ways.

## RASPBERRY COMBINATIONS

Raspberries furnish a never-failing source of pleasure to the "alchemist of the kitchen" as they may be pleasingly combined with almost every other ingredient used in the making of sweet dishes, and may be served in so many different ways that their choice is as bewildering as it is delicious.

In the following recipes will be found an appetizing array of methods in which to use this berry.

### Raspberries With Rice

Boil until tender one-half cupful of rice in one pint of milk. Sweeten with powdered sugar and flavor with lemon; turn into a border mold, and when stiff turn carefully onto a shallow glass dish. Fill the centre with fine, ripe, sweetened raspberries and serve with cream.

### Raspberry Cream

Stir one quart of ripe raspberries with one pint of thick, sweet cream, one-half pound of sugar, a bit of grated lemon peel or cinnamon. (The berries should be passed thru a sieve before stirring with the cream). Whip thoroughly and serve in tall glasses.

### Raspberries a la Astor

To two cupfuls of berries add a little lemon juice and powdered sugar in small quantities and a pinch of nutmeg. Mix thoroughly with whipped cream, flavor and sprinkle with pistachio nuts and place on ice for two hours before serving.

### Raspberry Vinegar

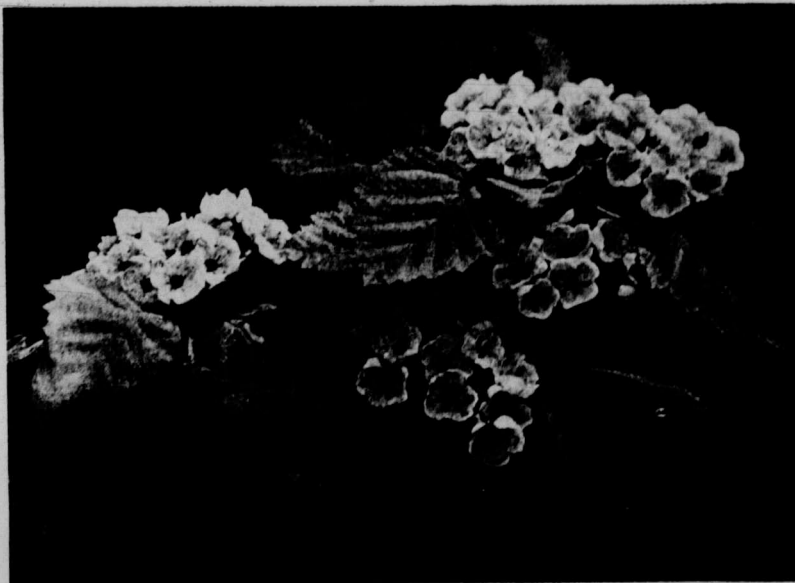
Cover four quarts of red raspberries with vinegar and let stand for twenty-four hours; scald and strain same; add a pound of sugar to every pint of juice, boil for twenty minutes and bottle. This drink is much relished by the sick and will keep for years. When serving, add a large spoonful to every glass of water.

### Raspberry Filling

Dilute three-fourths of a cupful of heavy cream with one-fourth of a cupful of milk. Beat with an egg beater until stiff; add one-third of a cupful of powdered sugar, one-half cupful of raspberries thoroughly mashed, and one-half teaspoonful of vanilla.

### Raspberry Ice

Extract the juice from one quart of berries and strain; dissolve one pint of sugar in the juice; add the juice of one lemon and half a pint of water and freeze.



A beautiful example of the nature photography which flourishes in the summer is this illustration of White Hawthorn blossoms

bar room. He may yet have cause to bitterly regret his folly. I enclose a clipping of a famous German woman, Bertha von Luttner, who fought the "Cause of Peace," all her life.

OLIVER KING.

Wawanesa, Man.

## WOMAN DIRECTOR OF SOCIETY

Dear Miss Beynon:—I fear you will soon begin to recognize my letters and put them in the waste basket unread. However, I am not asking you to answer them. This time I just want to give you a little incident that I am sure will interest you.

This spring at our co-operative meeting, I asked if there were any objection to women being on the board of directors, and when nominations were made my name was placed on the list and I was elected. There were only three women shareholders, and I knew only perhaps ten of the men personally, so I was really elected by the men and there was no personal reason why they should do so. There were twelve men nominated. Now, the Grain Growers have always gone on record as being in favor of woman suffrage, but sometimes a thing is attractive in the abstract but fails when it comes to a concrete example, so I consider it quite a triumph for women. Don't you think so? I am not sure, but rather believe none of the other co-operative associations have wo-

with John," one mother sighed recently, "but he is so peevish and irritable, I can hardly get along with him. This morning he deliberately told me he had swept the piazza, when as a matter of fact he had not touched it. He is inclined to shirk and to contradict and argue eternally. Of late he has begun to whine at everything. I am sure I do not know what I shall do with him."

The neighbor who heard the complaint could have diagnosed the case had she dared, but being wise because of previous similar experiences, she kept quiet. The next day Johnny's mother attended the regular monthly meeting of the Mother's Club, held in the church parlors and the lady who was visiting their pastor's wife gave a perfectly splendid paper on the "Relation of Sleep to Spiritual Development."

She showed how good health, nervous and mental poise and the ability to think and reason clearly depend on proper amount of sleep; how habits of peevishness and a disposition to shirk follow in the wake of the child permitted to remain up at night; how willing, joyous obedience are impossible for the child whose whole system is crying out petulantly for rest. She told of the sleep requirements, of the athlete whose powers of endurance are materially lessened if he fails to obtain his full quota of sleep because we build up during sleep and tear down during hours of