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THE HOME

Care of Milk in the Home

Cleanliness and cold are essential in having wholesome milk. Milk absorbs impurities whenever it is exposed to the air or placed in unclean vessels. The amount or degree of this contamination depends upon the cleanliness of the air and the utensils; even the air of a so called clean room contains some impurities. The bacteria which get into milk from the air or vessels increase rapidly as long as the milk remains warm—50 deg. F. or above; they are dormant, or increase slowly at lower temperatures.

Cleanliness and cold are imperative if one would have good milk, although if it is consumed so soon after production that the bacteria in it do not have time to increase much—say two or three hours—the importance of cold is lessened.

If the producer and dealer have done their duty, there is daily left at the consumer's door a bottle of clean, cold, unadulterated milk. It may then become unfit for food, especially for babies, by improper treatment at home. This bad treatment consists (1) in placing it in unclean vessels, (2) in exposing it unnecessarily to the air, (3) in failure to keep it cool up to the time of using it. The above expression, "a bottle of clean, cold, unadulterated milk" is used because the best way of delivering milk is in bottles. Dipping milk from large cans and pouring it into customer's receptacles on the street—with all the incident exposure to air—not always the cleanest—is a bad practice. Drawing milk from the faucet of a retailer's can is almost as bad as dipping milk; for though the milk may be exposed to the street air a little less than by the dipping process, it is not kept thoroughly mixed and some customers will receive less than their proportion of cream.

If situated so that it is impossible to get bottled milk, do not set out over night an uncovered vessel to collect thousands of bacteria from street dust before milk is put into it. Have the milk delivered personally to some member of the family if possible; if not, set out a bowl covered with a plate, or better still, use a glass preserving jar in which nothing but milk is put; use the jars with glass tops, but omit the rubber bands.

Take the milk into the house soon after delivery, particularly in hot weather. Sometimes milk delivered as early as 4 a. m., remains out of doors until 9 or 10 o'clock. This is wrong. If it is inconvenient to receive the milk as early as it is delivered, provide a sheltered place in which the milkman can leave it. Never allow the sun to shine for any length of time on the bottle of milk.

Put the milk in the refrigerator on receiving it and keep it there on ice when not using from it. Milk can not be properly kept without ice. Keep milk in the original bottle until needed for immediate consumption; do not pour it into a bowl or pitcher for storage; do not pour back into the bottle milk which has been exposed to the air.

Keep the bottle covered with a paper cap or an inverted tumbler as long as milk is in it and when not actually pouring from it; after opening the bottle and removing a part of the milk, do not leave the bottle uncovered.

Milk deteriorates by exposure to the air of pantry, kitchen or nursery. Do not expose uncovered milk in refrigerator containing food of any kind, not to mention strong smelling foods like fish, cabbage, or onions. An excellent way of serving milk on the table, from the sanitary standpoint, is in the original bottle; at all events pour out only what will be consumed at one meal.

When milk is received in a bowl instead of a bottle, observe the spirit of the above paragraphs. Keep the bowl covered as directed for the bottle. Expose uncovered milk to the air of any room as little as possible. Do not expose it at all in a refrigerator.

Keep the refrigerator clean and sweet. Personally inspect it at least once a week. See that the outlet for melted ice is kept open and that the space under the ice rack is clean. The place where food is kept should be scalded every week with sal-soda solution, a single drop of spilled milk or a small particle of other neglected food will contaminate a refrigerator in a few days.

As soon as a milk bottle is empty, rinse it in lukewarm water until it appears clear and set it bottom side up to drain. Do not use it for any other purpose than holding milk. Never return filthy bottles.

All utensils with which milk comes in contact should be rinsed, washed, and scalded every time they are used. Do not wash in dish water or wipe with ordinary dish towel; boil in clean water and set away unwiped.

When a baby is bottle fed, every time the feeding bottle and nipple are used they should be rinsed in lukewarm water, washed in hot water to which a small amount of washing soda has been added, and then scalded; never use a rubber tube between bottle and nipple.

If a case of typhoid fever, scarlet fever or diphtheria leaks out in the family, do not return any bottles to the milkman except with the knowledge of the attending physician and under conditions prescribed by him.

Milk from the grocery store or bakery which is kept in a can, open much of the time, possibly without refrigerator is to be avoided.—Geo. M. Whitaker, U. S. Department of Agriculture.

FROM SHADOW TO SUNSHINE.
I learn as the years roll onward,
And leave the past behind
That much I have counted sorrow
But prove that our God is kind:
That many a flower I longed for
Had a hidden thorn of pain;
And many a stony by-path
Led to fields of ripened grain.
The clouds but cover the sunshine
They cannot banish the sun,
And the earth shines out the brighter
When the weary rain is done.
We must stand in the deepest shadow
To see the clearest light;
And often from wrong's own darkness
Comes the very strength of right.
—Agnes L. Pratt.

ADVICE TO AN ENGAGED MAN.
If you think that a woman is any weaker minded than a man, stop where you are.
If you intend to treat yourself any better than your wife, don't take one.
If you suppose that running the house consists in paying the bills, don't undertake it.
If you have found it a hard task to be happy yourself, don't try to make any one else happy.
If you think a house should have only one head, and that be yours, postpone your wedding indefinitely.
If you are of the opinion that marriage makes the man and wife one, and that you are that one, send in your regrets at once.

If you are one of the men who think that ten per cent. of their income belongs to the tap-room, let marriage alone.
FLOORS.
When varnished floors have become blackened in spots and there are numerous heel marks they need a standing finish, and must be treated with extreme measures. The old finish must be first removed, and when the floor is revarnished see that the liquid is of good quality, and that several coats are given. A waxed floor needs only another coat of wax and a thorough polishing. Grease spots can often be removed with turpentine. It is best to remove spots from rugs or carpets as soon as they are made. Spots made by sticky substances may be removed by sponging them with alcohol and salt, a pint of alcohol to a teaspoonful of salt. Grease or oil spots should be covered with wet fuller's earth, and allowed to stand for two days and then brushed off. French chalk will remove fresh grease spots. Cover the spots well, then spread a brown paper over them and apply a moderately hot iron.—Evening Post.

A LINK.
Is this to thee a weary day,
A day that passeth slow
A day that burneth thine heart
With some new weight of woe?
Be patient. Know thou that this day
Is in life's lengthening chain
A necessary link between
Joys past and joys again.

A WISE FINANCIER.
'A cent is not worth saving,'
And Harold shook his head.
'If 'twere a dime I'd do it—
'But not a cent!' he said.
'What does a cent amount to?'
'Would take (let's see) until—
'Would take almost forever.
'To save a dollar bill!'
But Teddy saved his pennies—
'Tis true, just one each day.
But pennies grow to dollars,
He'd heard wise people say.
And when the year was over,
As sure as I'm alive—
He had three shining dollars,
And pennies sixty-five!
—Aldertbert F. Caldwell.

Killing Weeds by Spraying

The Experiment Station at North Dakota, has issued a bulletin on Weed Control by means of Chemical Sprays.

Experiments in spraying to eradicate weeds in grain fields have been conducted at that station from season to season for the past ten years. The results obtained show that the general use of this method of combating certain weeds will save the farmers of the country millions of dollars annually. It is not expected that spraying will supplant other methods of keeping weeds in check, but that it will supplement these methods and prove available in fighting many of the most pernicious weeds which come up in fields of grain. The possibility of success in killing weeds in a grain field by the use of a chemical spray, which does not injure the grain, will not surprise those who are familiar with the use of spraying compounds to destroy various forms of fungi, which are plants of a low order. Only by experiment is it possible to learn what weeds can be killed by a spray which will not injure the growing grain stalks among which the weeds are growing.

The best time to do the work is while the weeds are young, succulent and making a rapid growth. Those which develop slowly under dry conditions are much harder to kill.

Mustard or charcoal can be readily killed by spraying with solutions of either iron sulphate or copper sulphate. It requires about 52 gallons of spraying liquid per acre. To make the liquid, use from 75 to 100 pounds of iron sulphate for each 52 gallons of water, or 12 to 15 pounds of copper sulphate for each 52 gallons of water, but there is some danger that it will injure the grain.

King-head or Greater Ragweed can be controlled in the same way, but should be sprayed while quite young. The same sprays are to be used, but at the greatest strength mentioned. The Canada thistle can be checked in growth in grain fields by spraying but is best fought by frequent sprayings without regard to the grain. The most effective spray for this weed is sodium arsenate at the rate of 1 1/2 to 2 pounds to each 52 gallons of water, but owing to the extremely poisonous nature of this spray, a solution of common salt is recommended. If the object is to kill the thistles without regard to what they may be growing among, use a half barrel of salt to 52 gallons of water. Spray as often as the plants get a few inches above the ground, and if shoots appear the second season operate on them again the same way, and usually the pest will be fully eradicated. When scattered through grain fields it is advised that the first spraying be done with a spray of one-third barrel of salt to each 52 gallons of water, when the plants are about ten inches high. Spray a week later with a spray of 15 pounds of copper sulphate to each 52 gallons of water. After the grain has been harvested spraying again.

The sow thistle is becoming very troublesome in grain fields, but cannot be killed by spraying. Weeds which can be controlled by the sprays are the mustard, but false flax, shepherd's purse, pepper grass, corn cockle, chickweed, bindweed, plantain, rough pigweed and cocklebur.

Weeds of a crassy nature cannot be so controlled because a spray strong enough to kill them would also kill the grain or grass among which they are growing. Frenchweed, pink cockle, lamb's quarter and hare's ear mustard are weeds that cannot be controlled by spraying.
CHRONIC DIARRHOEA RELIEVED.
Mr. Edward E. Henry, with the United States Express Co., of Chicago, writes, "Our General Superintendent, Mr. Quick, handed me a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy some time ago to check an attack of the old chronic diarrhoea. I have used it since that time and cured many on our trains who have been sick. I am an old soldier who served with Buford and Hayes and William McKinley four years in the 23rd Ohio Regiment, and have no ailment except chronic diarrhoea, which this remedy stops at once." For sale by
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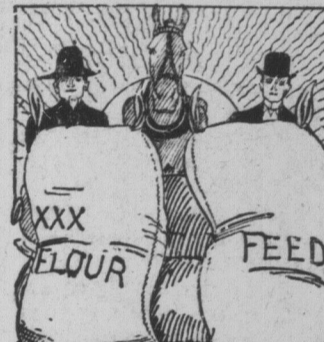
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Bridgetown, N. S., Feb. 20th., 1907.

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F. L. MILNER
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