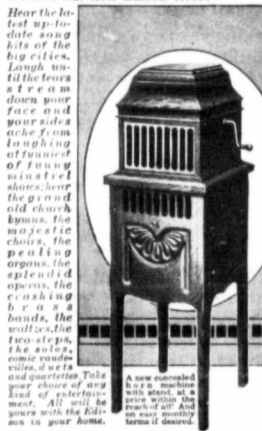




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To F. K. BABSON, Edison Phonograph Distributor, Dept. 355 Portage Avenue, Winnipeg, Man.

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draughts. If there are windows on the opposite sides of the room good ventilation may be secured by opening one window from the top and raising the other from the bottom. The impure air escapes from the opening at the top of one window, and the pure air will be admitted from the bottom of the other. If there is but one window in the room one sash may be lowered, the other raised. If there be double windows on the slide should be large enough to admit plenty of air; it is better to have bedroom storm windows on hinges; to keep a draught off the patient raise the lower sash a few inches, and fit in a board in the window at the bottom. The fresh air will enter at the middle of the window between the two sashes. It is very unwise to keep the sick room warm by keeping doors and windows closed. Artificial heat should be provided in sufficient quantity to make it possible to have the windows open a little in even the severest weather. The temperature of the room should be 68 to 70 degrees fahrenheit during the day, and about 65 deg fahrenheit during the night.

I do not think that I am well enough versed to speak at length on the subject. But I have visited a room where a mother and a baby, one day old, and a first one at that, when most young women's nerves should have perfect rest for at least four days, when there were five curious visitors all asking questions, admiring the infant and so forth. There was a very capable nurse in charge, but not a trained one, and I know that in this very case if one of those visitors had not been allowed in that room the patient would have been angry, but sick people who require a nurse should never be expected to judge what is best for themselves. It is the doctors or the nurses duty to judge who should and who should not see their patients. If I were in charge of a mother and babe she would not see anyone with the exception of her husband, or mother for at least four days, visiting too soon and too frequent are the most common of all mistakes made by friends. By the family the mistakes in sickness are far too numerous to mention, one of letting the patient up too soon on the strength of promises is a very common one, letting the patient have things to eat too soon and telling them things they should not know, and which worry and give them a temperature is a great mistake. Letting them have letters to read too soon because they want them is another mistake. A woman should not read the newspaper or any other book or small print for at least five weeks after a confinement, as her eyes have not their natural strength until then. If a trained nurse is in attendance, adhere strictly to what she says, she knows, and while she may seem severe she is doing what is best for her patient. I have seen members of a family simply wild because the nurse would not stand for them running to the sick room, and telling everything that was going on, and disliking her, when if they would only stop long enough to think, they would realize that they are in the wrong.

Dorothy E. Fenwick.

RHUBARB MARMALADE

Select young tender rhubarb, wash it carefully, cut it into pieces without removing the skin, place it in a preserving kettle, and cover it with sugar. Slice two lemons, remove the seeds, and add the lemons to the rhubarb with enough water to prevent the sugar from scorching. Bring the mixture to a boil, and continue the boiling fifteen minutes. Then pour it into a stone crock, place the crock in a slow oven, and cook the contents for five or six hours (stirring about every fifteen minutes). Seal the marmalade in jars.

Cooked Mayonnaise.

"Silver Tip," Mich., asks for cooked mayonnaise, and Mrs. W. J. W., N.C., sends the accompanying in the same mail: 4 eggs, 1 tbs. flour, 1 tsp. mustard, 1 tsp. celery seed, 1 tsp. salt, ½ tsp. pepper, ½ cup granulated sugar, ¼ cup butter, 1 cup boiling vinegar. Beat eggs until light, add dry ingredients, then the melted butter and boiling vinegar; put in double boiler, cook until thick.

Least Corn Bread.

Perhaps Mrs. G. L. D., Neb., will like this recipe for corn bread raised by yeast: 1 cake (not dry) yeast, 2 cups scalded and cooled milk, 2 tbs. melted lard or butter, 2½ cups corn meal, 1 cup sifted flour, 2 well-beaten eggs, 1 tsp. salt.

Dissolve yeast and sugar in lukewarm milk. Add lard or butter, cornmeal, flour, eggs, and salt. Beat well. Set to rise in warm place, free from draft, until light—about one and one-half hours. Bake twenty minutes in hot oven in well greased shallow pan.

For over night use one-fourth cake yeast and an extra half tsp. salt. Cover and keep in a cool place.—M. E. K., O.

Taste in Dress Versus Fashion

(By Miss Muir—Read at the Deloraine Society).

Taste is a delicacy of feeling, together with an exercise of judgment. In every one there is to a greater or less extent an original sense of the beautiful, for what child does not rejoice over the flowers and other things of Nature where true standards of beauty are to be found. This sense is under the guidance of reason, and as our nature develops, so will this sense grow in delicacy and correctness. It is important that from earliest years we should be surrounded by that which tends toward the development of good taste, for an appreciation of the beautiful cannot come about at once.

To cultivate good taste in dress is surely worth while (for by our appearance we are not often judged?) A study of the latest fashion plate will not lead to the desired results, but a study of one's own personality, and then an exercise of judgment in choosing clothes in harmony with their physical being and temperament. This knowledge is the secret of every well dressed woman.

Mirrors are put to a greater use than in days gone by, and to study oneself in the mirror is not conceded as they do not deceive. Through time the eye will become trained, so that when purchasing a costume the inward eye will be able to form a mental picture of what the effect will be, and a right choice will be made. Then there will not be the disappointments over the new things. Too often a certain gown, or hat, or color is chosen because someone looked charming in a very similar, without a thought as to the great difference in personality. Or again the fact that an article of dress is the very latest may decide the choice. The effect may not be either successful or beautiful, because the attire is not becoming. For instance short coats have been introduced this season, and very smart and becoming they appear on some but not so on the large woman. How much better she might look if she remained true to the coat of medium length, though Dame Fashion has ignored it for the present. How often hats seem to be unwisely chosen! The essential in a hat seems to be a becoming shape. It is better to wear a large and suitable hat than the new small hat and look ridiculous.

In the matter of dress a woman should consider her years. An attempt to look years younger than one really is by the style of dress usually has the opposite effect. There is also the other extreme of adding years to one's age by being too conservative in dress. Hard and fast rules of dress cannot be laid down for the woman of forty, fifty, etc. Here it is very necessary for each to study themselves and dress in accord. Every portion of one's clothes should be carefully selected, so as to procure a harmonious note throughout.

Perhaps there is not anything which detracts more from the pleasing effect of a charming gown than the fact that it is not worn at the right time or place. It is often rather a perplexing question to decide just what is the proper thing to wear. For the general everyday occasion the neat tailor-made costume may be relied upon. These, fortunately, are coming more and more in evidence every year. The woman who has a smartly tailored suit of good material and a generous supply of blouses, both

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of the practical tailored style and of the dainty fluff design need not worry much about "what to wear." Added to this, of course, would be hat, gloves and shoes which would complete the neat appearance. How much more capable, and prepared for whatever may arise the women thus attired seems than the one who is gowned in a dress such as we always see displayed in a glass case while in the shop.

Another side of the question to be considered is that of one's means. Perhaps most of us can recall a time when we have decided upon a simple garment in which the material was genuine, that fit in with our bank account, but have returned home with something very different. We had been carried away by the fact that it was the very latest design and color. This same garment soon lost all its attractiveness in our eyes, for we had paid half the price for fashion and back of that was a cheap imitation of the original fashionable production in which one could not feel well dressed. The extreme modes create a sensation, then quickly become things of the past. If these are to be followed the wardrobe must constantly be renewed, or that which bore the distinction of being Dame Fashion's latest fad will in a short season be just as noticeable because of being out of date. The longing for every dis-