

Sunshine

The Grain Growers' Sunshine Guild

A MERRY CHRISTMAS

I have half a mind to combine Christmas and Thanksgiving in this column this week. I've been meaning for a long time to take a whole week some time to thank the Sunshine readers for their cordial support this year.

Coming to the paper as I did right in the middle of summer I would not have been surprised if it had taken a long, long time to get our department started, but you have helped so royally that things were going with a good swing long before winter approached.

I want to tell you all how much I appreciate your kindness and your encouraging letters. You don't know how much they have meant to me.

I want to thank you also for the readiness with which you came to the help of each other, and when you did pick holes in the letters it was done usually in a kindly spirit.

So in conclusion let me wish you one and all a very Merry Christmas and a New Year filled with Sunshine and good luck.

FRANCIS MARION BEYNON.

ECONOMICAL CLOTHES

Dear Miss Beynon:—Enclosed please find fifteen cents for which send booklets entitled "How to Teach the Truth to Children," also "The Most Beautiful Story in the World." We have five children and they are beginning to ask questions that are hard to answer in the right way. I enjoy reading the Homemakers and Sunshine pages and find them helpful.

I find it best to dress the children in navy blue drill (the seventeen cents a yard quality) for everyday. It washes and wears so well.

You may print this if you wish. Wishing you success in your effort to do good, Yours sincerely

FLORA.

A WHOLE BUDGET OF USEFUL SUGGESTIONS

Dear Miss Beynon:—I thought as I am interested in Sunshine and derive so much from it I should add my mite if it would be of benefit to any one. We "Country Homemakers" have, to a great extent, severed our acquaintance with the pen. I believe one asked how to tell when baby has the colic. Some are affected one way, some another. Some babies get cold all over the body, but most generally just the small of the back is cold, lips turn bluish, almost purple. And again they will break out in a clammy sweat. Give them something warm to drink, just a little warm water with sugar. A drop of essence of peppermint is good in a spoon of warm water. Turn the baby on its stomach and rub its little back gently. In a few minutes I think a cure will be effected. But I think one can prevent the colic to a certain extent. With my first babies I was bothered considerably with it. Of course I kept them in long dresses just like grandmother did and along towards night baby would begin to fuss because its clothes were all soiled, and it's too near supper time to change all his garments so I would worry along until I could undress him for bed. And then when he was all dry and warm he would go off to sleep.

With my last two there has been no long dress and skirts. I use a pinning blanket until they begin to get too active, then I change it for stockings. If the feet are kept dry and warm baby is not nearly so apt to have colic. The pinning blanket is easily changed when soiled. I think those who use the short clothes will never go back to the long ones. As this one states she is a long way from a doctor perhaps I might add a few more suggestions.

I buy a cake of camphor gum and make my own camphorated oil. I cut it up fine and put it in a bottle, as the gum evaporates, and pour on oil. I use most any kind of a bottle because the oil will just absorb so much of the gum and when it gets low pour on more oil until all of the gum is dissolved. You can tell by the smell when it is getting weak. And do you know that you do not have

to have sweet oil to make it. I use chicken oil or goose grease. Be sure, when buying oil, to get children to call for olive oil instead of sweet oil, as sweet oil is often made out of most anything. As a doctor once told me, olive oil is sweet oil, but sweet oil is not olive oil by any means. I always give olive oil in preference to castor oil and have liked its effects much better. If those who have babies come in the fall will give baby his bath in the evening instead of morning they will find they do not take cold so easily and they sleep far better.

For colds I make my own syrup just out of onions and bottle it. Boil the onions in a covered dish, then strain through a cloth and add enough sugar to make a syrup and give after an attack of coughing. It has saved us many a dollar for the patent ones. In severe cases give a mustard bath and see that the patient does not become uncovered during the night, as the mustard opens the pores. Try giving rich cream for constipation to the little ones. And for the older ones drink warm water before breakfast. One cannot drink much at first, but after a while one can take a glass full or more. Some cases have been cured that doctors have failed on.

I am interested in cooking recipes and things pertaining to the home. I have been so busy raising babies I haven't had time to learn to do fancy cooking.

I am afraid my poor attempt at lending a helping hand will find the way under the editor's desk instead of on top.

YANKEE CANADIAN.

WASHING WHITE CLOTHES

Dear Miss Beynon:—Will you please send me the book "How to Teach the Truth to Children" for which I am sending five cents.

I will give you my way of washing white clothes. Put boiler on stove with cold, soft water. For half boiler of water shave off half bar of soap; any good brown soap will do. Put in the cold water all the fine clothes or the cleanest first. Let them boil up three times, when they are ready to take out. I always punch them down good when they boil up. They want to be well

covered with water and before I put next lot in I put in some more cold water and let them boil up three times. Do just the same with the rest till all are done or water is getting too dirty.

When I take the clothes out of the boiler I put clean cold water in machine, put clothes in machine and rinse them well, then blue and starch in some more clean water. They are beautifully white and sweet.

I hope this will be of some good to some other busy mother. A mother of six.

BUSY BEE.

GINGER BEER AND CARROT PIE

Dear Miss Beynon:—Enclosed is ten cents for your booklets, "Maternity" and "How to Teach the Truth to Children." I have three going to school and naturally they come home and tell me what older children say. I am not educated enough to explain things as they should be to children of 8 and 9. But I feel certain your book will be a help to solve the problem for me.

Here is a cheap drink I make for the children, "Ginger Beer."

Get 1 oz. of whole ginger, then crush it, 1 oz. of cream of tartar, $\frac{3}{4}$ lb. of sugar; put it all together in a crock and pour 1 gallon of boiling water over it; let stand for 24 hours.

Carrot Pie—3 cups of mashed carrots, 2 cups of milk, $1\frac{1}{2}$ cups of sugar, 3 eggs, 1 teaspoonful of cinnamon, 1 teaspoonful of ginger, a pinch of salt; this will make 2 large or 3 small pies. I have found the above recipes so very good that I thought I would pass them along. Hoping I have not taken up too much of your valuable space. Thought I would just write when my little ones were all asleep.

With best wishes for your good work. CAROL.

LET THEM TALK

Dear Miss Beynon:—Enclosed you will find ten cents for the two booklets namely, "How to Teach the Truth to Children" and "Maternity," both of which I would like to have.

I enjoy reading the women's pages in the paper and wish you every success

in the good work you are engaged in. It was of interest to me to read Bluebell's letters in the last Guide as I am the mother of two babies under a year and a half old, and if I stayed home all the time before they came it would have been very little outing I would have had. No doubt people talk, but they will talk anyway and it is some consolation to know that the people who have the most to say do likewise themselves when in the same condition.

So let us do what is best for ourselves and children and take no notice of the unkind criticism of the thoughtless. I know this is no easy matter to do. Always, I remain, yours sincerely, PANSY.

PICKLES AND JAMS

Dear Friends:—I have been an interested reader of The Grain Growers' Guide for a few months. I enjoy Sunshine page. In paper of 9th October I saw a request for recipe to make green tomato jam. I was very busy at the time. Then was called from home on a very urgent sick call. I just returned last night and although there is a lot of work and writing waiting for me I decided to send some of my recipes. I never made jam from green tomatoes but there is no reason why it cannot be made. I would cut them at night, put in salt and cold water. In the morning I would drain and cover with fresh cold water. Set on slow fire and scald till they turn yellow. I would then drain that water off, add some fresh water and sugar and spice to taste. Cook in double boiler till done. Seal up hot.

Sweet Pickles

Slice green tomatoes, put in salt and water over night, drain and put on to scald in cold water. When they turn yellow drain well from the water. Return to kettle, cover with vinegar or rather barely let vinegar come to top of tomatoes, add sugar and spice to taste. Let come to a boil on slow fire, seal up hot or put in open crocks till your sealers are empty of fruit, then heat pickle and put in sealers.

Chow Chow

Equal parts of green tomatoes, cabbage, cucumbers and onions. Chop the green tomatoes fine. Let stand in salt water for a few hours or over night, drain, cover with cold water, scald for an hour on slow fire. Meantime chop others fine, drain tomatoes, mix all together, add vinegar, 1 cup of sugar and spice to taste. Cook on slow fire about one hour. Bottle hot.

I never use green tomatoes in any way without first scalding till they turn yellow and drain through collander, then make them into either sweet or sour pickles. I never put onions in my sweet tomato pickles, but always in sour pickles if I have them.

This may be too late for this year, but keep them for another. I had thought of answering some of the letters but perhaps I have written enough for this time.

I am a grandmother but would like those books you mention on Maternity and How to Teach the Truth to Children. Will send stamps. Wishing you and all the readers health and prosperity. I will sign for the present.

GRANDMOTHER NO. 2.

P.S.—Since writing the above I have been reading in the Montreal Witness 10 rules to be followed in writing to a paper. One was to write the long way of the sheet. What do you say about it? In making jam I said to use a double boiler. Some one may say, I have none. Well, I never had a real double boiler. I make one out of what kettles I have. I use two granite pails and two iron pots that are larger than the pails. I can boil jam half a day in this way with very little stirring. Just have hot water ready to fill up pots when it evaporates.

I don't think it matters which way you write so long as you write on one side only, in pen and ink and leave a good margin.

F. M. B.

The Young Highwayman's Surprise



"Aha! Here's where I get some Candy mighty easy. Hey there, young feller!"



"Eh—Uh—Er—How Are Yer?"