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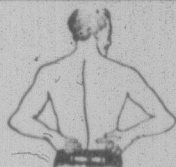
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The Home

"LOOK PLEASANT"

At a recent meeting of an art club at which there were twenty-five members, it was impossible to find one really happy-looking woman. The lines of anxiety, the puckered brows and drooping mouths made one member feel that she would like suddenly to flash a mirror into each face and say: "Can't you look a little more pleasant, even if you don't feel like it, just for the sake of those around you?"

Think of sitting opposite to a woman twice perhaps three times a day, and seeing always a look of care and worry. One couldn't blame a man for getting discouraged. The same thing can be seen in cars, lectures, and in fact everywhere, and even some young girls and children have the same disagreeable expression. If this careworn look has become such a part of the present generation that we cannot part with it, let us at least impress future generations with the fact that it is not only a thousand pities to spoil their freshness with all these needless lines and frowns, but a real wrong besides. One expects to look older at forty than at twenty, yet need one look as though she alone had all the hard times?—Edith S. McD., in Good Housekeeping.

THE CARE OF GOLDFISH.

Goldfish are the cleanest and least troublesome of pets. A quart of water to a fish is sufficient. A medium-sized globe will accommodate four fish, and, containing some shells and a growing plant, which can be bought of the fish fancier, makes a very pretty ornament for the room. The water must be changed about once a week in cool, and twice in hot weather. With a cup I gently dip out the fish, one at a time, and put them in a bowl of fresh water which I have tried with my fingers to be sure it is of the same temperature. They can stand cold better than heat. Then the globe and shells must be secured and the plant rinsed. After the shells and plant have been returned and the globe refilled, the fish can be put back the same as taken out, and they show their appreciation of being at home again. I have fed mine once a day for nearly a year on oat flakes, about two to a fish, and they flourish on their diet. They soon learned to come to the top and accept food from my fingers. They should be fed nothing else, except fish food, as meat and bread are apt to sour the water. If, when cleaning the globe, I find particles of food among the shells, I do not feed them quite so much. They must not have more than they will eat, as it makes the water cloudy. The intelligence they manifest seems wonderful to me. One usually rules the "globe" and it is not always the largest. I have a little tyrant too greedy to let others eat until he has been served, and he will chase one of his mates twice his size. Goldfish repay what little trouble they cause. They are not especially suitable for children, and they do not thrive so well when tampered with. Let them live in their own way and they will be happy.—M. Star.

THE SOUP BONE.

There is a knack in knowing how to choose a good soup bone as well as in knowing how to cook it. It ought to be about two-thirds meat and one-third bone and fat. In the winter it is an excellent plan, providing you have a large enough soup kettle, to purchase two bones for soup—one the knuckle, which seldom costs over four or five cents a pound, the other a solid flesh piece, costing perhaps seven or eight cents. When the meat is cooked to the point where, if it were a stew, you would take it from the fire, lift out with a skimmer on a large platter the meaty soup bone and cut away from it the nicest piece of beef. You can often obtain two or three pounds of this meat, well seasoned and tendered by slow cooking. Return the bone to the soup kettle, and allow it to simmer until the bones drop apart. The meat which has been taken out may be utilized in a number of ways. It makes excellent hash. When well-seasoned

it is not to be despised in the shape of croquettes. With a cup of the stock and a few parboiled vegetables you have a savory stew.—Selected.

THE HOUSEKEEPER'S AFTERNOON.

The housekeeper who is without help is especially in need of rest and recreation. She should set apart an afternoon, preferably in the middle of the week, and on the same day each week, for if not definitely fixed it will too often be postponed. This leisure time should be spent in rest or recreation, duty for the moment laid aside. Of course, when possible, these afternoons should be literally "out" in the fresh air and sunshine. On stormy days, or when she is very tired, a long nap or an interesting book may refresh or amuse the weary worker. A good story, read before an open fire, is always enjoyable. But, when possible, get away from home, for usually change is the best rest. Believe me, you will find this a wise plan. And make your "afternoon out" as long as you can.—Selected.

HOUSEHOLD HINTS.

"Half the giant's strength is in the conviction that he is a giant. The strength of a muscle is enhanced a hundredfold by the will power. The same muscle, when removed from the giant's arm, when divorced from the force of the mighty will, can sustain but a fraction of the weight it did a moment before it was disconnected."

A housewife limited in means and having learned by various experiences how to make the most and best of things, gives this economical and practical suggestion: For common pine floors which have become dry and shrunken, leaving wide spaces between the boards, make a thick boiled paste of flour and water, then tear up old newspapers into bits and stir them in the paste until perfectly stiff, and with the aid of strong knives stuff the cracks with the moistened paper. In a few days the cement will be hard and dry and will take stain most satisfactorily. Putty can also be used for the same purpose. Old newspapers make a very good lining for carpets.—Mary H. James, in the Pilgrim for May.

FROZEN DESSERT.

Allow a ripe banana and a small cupful of milk for each person. Press the bananas through a potato ricer or colander, sweeten to taste and add the juice of one lemon for six persons. Mix thoroughly with the milk, pour into the freezer and freeze till smooth. Remove the dasher and set aside for two hours. When ready to serve, wrap a cloth wrung out of hot water around the can, and the cream will slip out onto a platter, where it can be served much easier than by dipping out with a spoon.—Ex.

CHOLERA INFANTUM.

Cholera infantum is one of the most dreaded diseases of infancy. It is prevalent during the heat of summer in spite of all the care mother may take to guard against it, and it sometimes progresses so quickly that death occurs in a few hours no matter what care is given the child. The first thing to do is to stop feeding the child and give him plenty of fresh air and pure water to drink. Give Baby's Own Tablets to carry off the poison in the system. Do not under any circumstance give a medicine to check the diarrhoea, except under the advice of a doctor. By using Baby's Own Tablets the cause of the diarrhoea will be removed, and the disease will thus be checked in a natural manner. Proof that the Tablets cure this too often fatal trouble is given by Mrs. Herbert Burnham, Smith's Falls, Ont., who says: "When my eldest child was six weeks old he had an attack of cholera infantum and was at death's door. My doctor advised me to try Baby's Own Tablets and in twenty-four hours baby was better; the vomiting and purging ceased and he regained strength rapidly."

Keep the Tablets in the house—their prompt use may save your little one's life. Sold by medicine dealers or sent postpaid at 25 cents a box by writing the Dr. Williams Medicine Co., Brockville, Ont.

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