

About the House

DISGUISED HOMELY HANDS.

We can not all have beautiful hands, but a little care and thought will do much toward improving the appearance of a homely hand or disguising its worst points. To do this, it is necessary to keep the skin soft and white, keep the nails clean and manicured, learn to use the hands gracefully and wear the right sort of sleeves.

The best way to keep the skin soft and white, is to keep it well fed with creams. Hands are so much exposed and so roughly treated that the skin gets dry, and unless something is done to counteract this, the fingers and backs of the hands will wrinkle and the whole hand begins to age. Plain, pure lard is an excellent cosmetic; the skin absorbs it more readily even than cold cream, since there is no wax in it, and it is very softening. Of course, all stains should be bleached off the hands with lemon, rhubarb or tomato juice.

Manicuring the nails is of first importance, and it is well to remember that if the fingers are short and blunt, a fairly long nail will give a tapering effect. If the fingers are long and thin, the nails should be kept rounded and fairly short. They should always look immaculate.

Using the hands gracefully is something you will have to teach yourself. You will need to practice before a mirror and to remember which homely motions must be avoided.

Homely hands can be partially concealed by flowing sleeves; large flaring cuffs will make big hands look small. Very few of us can stand the plain sleeves ending in a straight line around the wrist. If the bottom of the sleeve forms a blunt point coming down over the back of the hand, or the edge of the sleeve is slightly flared and rounded, this effect will be found more becoming to the hand and a short arm will look longer.

The hands require more care in cold weather than they do in warmer weather, and should be carefully washed and thoroughly dried at all times. When the rough work of the day is over, thoroughly cleanse the hands with warm water and a good mild soap (oatmeal or a standard vegetable oil soap will do). Then make a good lather with hot water and soap and cover the hands with it, at the same time rubbing in well a bit of good cold cream the size of a grain of corn. Rinse in the hot water and dry. This is softening and healing and also removes the grime from the pores.

An excellent lotion for the hands is made with a half-pint of glycerine, one-fourth of a pint each of lemon-juice and rain-water, a teaspoonful each of spirits of camphor and peroxide of hydrogen, shake all together in a pint bottle. Rub on the hands at bedtime and wear loose cotton gloves. Almond meal can be added to this mixture if desired. Add enough meal to make the lotion the consistency of thin cream.

If the finger nails become brittle, rub them frequently and thoroughly with vaseline. If the ends of the fingers crack, use the following lotion: Two ounces of commercial acetic (32 per cent.) acid, two ounces of witch-hazel and two ounces of glycerine. Mix thoroughly. At bedtime, wash the hands well with warm water and a mild soap, being careful to rinse off all soap. Dry the hands lightly, then rub the above mixture well into the cracks and pores. The cracks and other raw places will smart for a moment or two, but the hands will soon heal, and the skin will become soft and pliable.

For ordinary use, a nice lotion can be made by combining one-half cupful of soft water, one-half cupful of vinegar and one-quarter of a cupful of glycerine.

For hands that are too dry for a glycerine lotion, use a good cream, rubbing it well into the hands during the day, if there is time, and always at bedtime.

BUILT SPECIAL CUPBOARD.

My good husband took a strip four feet six inches off one side of our medium-sized kitchen and in the middle of the strip built spacious cupboards from floor to ceiling with doors and two drawers. At one end of this strip he fitted a full-sized door, the newly acquired space here opening into the cellarway. In here he put a number of cleats full of nails to hold kettles, frying pans, griddles and pails, and in back of the cupboards some open shelving for food, making a sliding door of a window screen, thus keeping out the mice and flies. An outside window gives light and air and its new wide ledge affords a safe place for pies to cool.

At the opposite end of the cupboard was put a narrow door into a "catch-all." This space has shelving room for boxes of caps, mittens, overshoes, sunshades, and much else out of sea-

son. A row of short shelves is fitted in here back of the cupboards, and cleats full of hooks line the rest of the wall space and hold hats, overshoes, coats, etc., in season. This room holds also laundry bag, ironing board, broom, carpet sweeper, boots, overshoes, and one thousand other things.

The kitchen is now very handy, and since my husband has provided a place for everything it is up to me to keep everything in its place.—M. C. Adams.

WHAT SHALL IT PROFIT A MOTHER IF—

She insists on keeping her house so spick and span that the children can not have a good time in it?

She becomes so entangled in the details of living that she loses sight of the broader vision of life?

She tells her children what they should do and fails to set before them a living example?

She leaves a fortune to her children and no wealth of happy memories clustering around a happy home?

She is so busy providing for their comfort that she never finds time for their companionship?

She covets for her children all the advantages that money can buy and yet fails to teach them the appreciation of the common-place things of life?—A. C. H.

A GOOD WORK APRON.



4588. Here is a model that will give good service. It protects the back as well as the front of a dress, and is easy to adjust. Satin, gingham, linen, alpaca or percale may be used for this style.

The Pattern is cut in 4 Sizes: Small, 34-36; Medium, 38-40; Large, 42-44; Extra Large, 46-48 inches bust measure. A Medium size requires 4 yards of 27-inch material.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

NICE WARM RUGS.

Nice warm rugs can be made of old stockings whose feet are worn out. Cut off the feet and then begin to cut round and round the leg so that the whole stocking is cut into one long strip. When you have quite a lot of strips, crochet them as you would wool, only using a large needle. The advantage of this kind of rug is that you don't have to sew the pieces together, just crochet them in, and the work goes quickly. Brown, black and white make a pretty combination, or if you want gayer colors you can dye some of the stockings before you start. Be sure to crochet them tightly, as they stretch later.

TO DRY SWEATERS.

Do not hang a washed sweater on the line to dry. It will be sure to stretch or lose its shape. If you have two clotheslines running parallel near each other, pin a towel from one to the other and spread out the wet sweater on this hammock. It will then retain its original shape and look like new, since the yarn has a chance to spring back to its original position.

If you have only one line, pin the top and bottom of a large towel together firmly on the line and let the sweater dry in the basket thus formed. It will require a little more time than the first method, since the garment cannot be straightened out so well, but the result will be just as good.

On a long journey an elephant can average eight miles an hour.

ALMOST HELPLESS AFTER INFLUENZA

Left Weak, Nervous and Broken Down—Health Regained.

"A few years ago," says Miss Frances Hankla, of Plenty, Sask., "my mother, Mrs. Walter Hankla, was stricken with influenza, which was then epidemic, and for a time was in a critical condition. She appeared to get over the prominent symptoms of the trouble but did not regain her strength. Some weeks later her weakness developed into sinking spells in which she would almost smother. Notwithstanding medical aid these spells continued and she was constantly growing weaker, until she was practically reduced to skin and bone. Her lips and gums were colorless, she was nervous, and suffered from indigestion and palpitation of the heart. At this stage a friend of mother's, who lived at a distance, came to see her and strongly advised her to try Dr. Williams' Pink Pills, which, she said, had greatly helped her in a critical illness. We got these pills and mother began taking them. The improvement was slow at first, but we could see that the sinking spells were growing less frequent, and that strength was returning. The treatment with Dr. Williams' Pink Pills was continued, and day by day health and strength returned, until she was again able to go about, and help with the work of the house. The improvement this medicine made in her case was simply remarkable.

"I may also say," adds Miss Hankla, "that in my own case these pills were of the greatest benefit. Last winter I was in a badly run-down condition, and very nervous. My appetite failed and I had no color. Knowing what Dr. Williams' Pink Pills had done for mother, I began taking them with the result that they soon made me as strong and full of vigor as the other girls of my age. I may just add that I think we owe mother's life and my good health to the pills and I hope our experience will be of benefit to some other sufferer."

You can get these pills from any medicine dealer or by mail at 50c, a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Pewter Pitcher.

Great-great-grandmother Gertrude Gray Got the set on her wedding day; Pewter graceful of curve and flare As costly and delicate silverware; Not of lead and soft all through, Lusterless, and a dead dull blue. But with copper enough in the tin to hold A patina rich akin to gold.

Porringer, charger, bowls and spoons To stir the tea of afternoons When a gossiping crony came to call, With half knit stocking and woollen ball,

And needles flickering in and out Turning a gray yarn heel about, While the pewter sugar bowl, plain and plump, Yielded many a luscious lump.

But the pewter pitcher with flowering lip, Like a calla lily's lovely tip, And handle looping its fluted side, Was the joy and pride of the happy bride.

It held the cream at the evening meal For the lovers wedded for woe or weal, And later milk for the babies four That played in turn by the cottage door.

Great-great-grandmother Gertrude Gray Folded her hands and passed away, And out of her cherished pewter set Only the pitcher survives her yet. It stands in a mansion now between A Chinese vase of apple green And Venetian glass as thin as air, Like a bubble blown from a jewel rare.

The old collector of precious things, Cups and ewers and coins and rings, Its weight in gold twice over paid For the pitcher of lead and copper made;

For the atmosphere of the long ago Clings to the humble metal, lo! Homely virtues, and simple joys, And the merry prattle of girls and boys.

The pewter pitcher is full of dreams Of bowery woods and crystal streams, A farmhouse brown with mossy eaves, Rosy apples and golden sheaves, Amber lamplight and bread and milk, And yellow cream as smooth as silk. Of all his treasures of genius and art, The pitcher is dearest to his heart.

—Minna Irving.

When Swords Were Worn.

Side pockets on coats were the outcome of the slash originally made to permit the projection of the sword handle.

If Australia could be placed in the Atlantic Ocean, it would fill up all the space between Great Britain and America.

—AND THE WORST IS YET TO COME



What is a Musical Education?

What is music education? asks "Aeolus" in The Canadian Child, and then proceeds: It is easy to describe what it has been to a large degree in the past. Too often it has consisted in taking lessons and after many hours of painful effort and practice, the pupil achieves the doubtful goal of being able to play a few pieces on the piano or sing a few songs, or talk intelligently about Bach or Beethoven.

To-day, however, we know that the first an all-important thing in music education is learning to listen. For generations past, music educators have stressed performance and totally neglected hearing. Of real musical feeling, of the ability to harmonize a simple melody, of the joy of real self-expression through music, hardly a fragment can be discovered. For this reason the world is full of so-called artists who can play a Liszt Concerto but cannot pick out a folk song by ear, who have the technical facility of a mechanical instrument, but cry out in dismay if requested to harmonize or transpose the simplest tune.

The latest word in music education is that performance is not the first but rather the last step. Listening must precede performance. Music education no longer means applying something known as a system or a method to a pupil from the outside, but it means developing the latent music, which is already there. It means self-expression, not a parrot-like imitation or a mere technical achievement. Music should mean health, joy, growth and self-expression. Too often, in late years, it has meant for the artist and teacher physical and mental collapse, while in the field of children's music the average boy or girl who has had music lessons hates them with a loyal hatred and takes every chance in the world to cheat the clock and avoid study and practice.

Music is happily becoming more and more an integral factor of our social life. A knowledge of what constitutes good music should be as widespread as possible during the formative period of character.

The value of education in music must be estimated by the place it occupies in after life. The musical opportunities coincident with school life from the kindergarten, where the seeds of harmony are sown, up through the public school, high school, and university, forecast precisely the kind and degree of interest students will manifest after graduation.

Discontent.

Contentment is a spiritual grace, and a very charming one. It is not produced by outward circumstances, as we are all well aware. You may have riches and luxury and friends and success and still be abominably discontented.

Some people are born contented. You see it when they are babies. They will coo and chatter and laugh over a self-invented toy or even a ray of sunshine when others whine with all the apparatus of cunning entertainment about them. And the same disposition persists through life. Those contented persons instinctively make the best of things. If the sun shines, it is of course delightful. If it rains, well, somebody's garden probably needs a watering. It is natural that they should be contented in prosperity, but even adversity loses most of its annoyance when you do not recognize it as adversity. There are good points in poverty, in weakness, in age, in failure; and if you are naturally con-

tented, you find them, even without taking any great pains to look for them.

On the other hand those contented people rarely get anywhere; that is, anywhere else than where they are. Why should they when where they are is good enough? It is discontent that makes the world go on, says a writer in Youth's Companion. Discontent is responsible for all our progress. If men had been everlastingly contented, they would still be eating acorns. It was discontent that made wheels and window glass, made letters and arts and sciences, make the richness of the civilized world and its wonder and its beauty. It was discontent that educated us politically. It is the greatest of all magicians.

But it should be wise discontent, intelligent, enlightened, not whimsical, querulous or restless. Charles Lamb had often the quintessence of wisdom as well as of pathos in his light and frolic thoughts. He summed up the whole business of discontent in the charming, paradoxical description of himself as "contented with little yet wishing for more."

A tree that for a long time held superstitious natives in fear is the "sneezewood" of South Africa. It makes no particular noise, but has the same effect as sniff upon any one who saws into it. Even the little dust produced by planing will sometimes throw the workman into a violent fit of sneezing. Insects of every kind let this tree severely alone. It's a tree to be sneezed at.

Free Information to Farmers

Any of the following bulletins, giving timely information of value to farmers, will be gladly sent anywhere free on request. No postage required. Simply tear out this advertisement, check bulletins you desire, and slip it in an envelope addressed to—

Publications Branch,
Department of Agriculture,
Ottawa, Canada.

Best Varieties of Grain.
Feeding Beef Cattle in Ontario.
Co-operation in Marketing Poultry Products.
Grading and Marking Eggs.
Feeding Influence on Type of Hogs.
Swine Husbandry in Canada.
Dairying in New Zealand and Australia.
Milk Machines.
The Corn Borer.
Hardy Roses.
Storage of Ice.
Modern Orchard Practices.
The Maple Sugar Industry.
Fox Hanching in Canada.
Bees and How to Keep Them.
Habbits.
The Strawberry in Canada.
Poultry Keeping in Town and Country.
Bush Fruits.
Weeds and Weed Seeds.
Fertilizers for Field Crops.
List of 300 Publications.

Name.....

Post Office.....

R.R. No.....

Province.....